



# MAKE YOUR BACKYARD A DESTINATION

65 SPORTS AT THE RIGHT PRICE DECATHLON.CA



This flirty knit tank top from Reitmans has become part of our summer 2022 uniform. Sweet and sophisticated, it goes anywhere, with anything—see our Fashion & Beauty Essentials, page 28, for proof!

HAPP'

What's your favourite summertime treat—one thing you make room or time for every year during these hot months? Is it a fresh mani-pedi to sport when you put on your brand-new sandals? A week-long escape from the hustle and bustle (even if it's in your own backyard!)? Watching the progress of your carefully nurtured plants go from seedling to bloom or to produce you can savour straight from the source? Or maybe it's a simple ice pop—never to be underestimated for its sublime ability to transport you back to childhood and the endless days of summer holidays!

What's special about this time of year is the notion that everything is skewed toward simplicity, enjoying downtime and savouring the small pleasures life hands you on an outdoor plate. While spring and fall inspire action, summer is about the slow lane. So in this issue we're embracing that idea and offering up stories that take it easy. We've got amazing buys to bring the flair of international hot spots like Mexico, Tuscany and the Maritimes to your own backyard

(see "Destination Decor," page 58); we've got tons of ways with just-picked fruits and veggies (check out the delicious recipes in our "Summer Sizzle" feature on page 76); we've handpicked the prettiest frocks for any occasion; and we've provided a primer on camping, so you can enjoy the best of everything the outdoors has to offer. Plus, don't miss our piece on applying sunscreen the right way, so you can be safe outside every day.

With all that's in store for you this issue, we hope that—whatever you look forward to during Canada's most anticipated season—this issue of CL is along for the ride!

Canadian Living team

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PHOTOGRAPHY, FOODIVINE STUDIO FOOD STYLING, NATALY SIMARD PROP STYLING, CAROLINE SIMON

# tricks, tips and ideas we love this month



Tropical Coconut, \$13/10, Exotic Liminha, \$11.50/10, nespresso.ca.

Nespresso COFFEE CAPSULES in

# BOM DIA

GOOD MORNING, BRAZIL! HOT WEATHER CALLS FOR SIPPING ICED COFFEE, AND WHAT BETTER FLAVOURS TO SAVOUR THAN ONES THAT TRANSPORT YOU TO SIZZLING TERRA DO BRASIL? NESPRESSO'S BRAZIL-**INSPIRED COLLECTION OFFERS** UP DELICIOUS POUR-OVER-ICE COFFEE PODS IN TWO SOUTH AMERICAN-FLAVOURED OPTIONS: THE LIME- AND MINT-INFUSED EXOTIC LIMINHA (INSPIRED BY THE CAIPIRINHA, BRAZIL'S FAMED COCKTAIL) AND TROPICAL COCONUT.

DAVIDSTEA x Tea Horse Manoomin Maple **TEA**, \$12/50 g, davidstea.com.

2 Collab alert!

DAVIDsTEA recently launched a partnership with another tea company—a first for the brand. Together with Tea Horse, a women-led, Indigenous-owned tea company located on the traditional territory of the Anishinaabeg Peoples in Northwestern Ontario, they've created a new blend:

Manoomin Maple. This comforting tea is made with black tea and Canadian-grown and hand-harvested roasted manoomin (wild rice in Ojibwe), complemented by a hint of maple, vanilla and berries. What's more? It comes in a fully compostable bag, and 10 percent of the proceeds go toward the David Suzuki Institute to support Indigenous communities and traditional knowledge through the Reconciling Ways of Knowing program.



# 4 IN FULL BLOOM

The latest collection from Canadian ecoresponsible fashion brand **Truand Truand** is so up our alley. **Designed with** organic cotton, bamboo and recycled polyester fabrics in moodboosting hues, every item from the line is bound to liven up your wardrobe. Our favourite piece is the comfort-chic wide-leg flare pants in the Girl Gang pattern. Girl, who got you smilin' like that?

Girl Gang Flare **PANTS**, \$239, truandtruand.co.



Naomi Hansen's debut book offers a glimpse into the culinary delights of Saskatchewan. A celebration of the province's history, cuisine and cultures, she brings together recipes and the stories of the chefs and families who created them. Photographed by Garrett Kendel, this book features stunning images of both food and landscapes from favourite restaurants across Canada's heartland province. It's a must-read for anyone who loves to eat, cook and explore.

Only in Saskatchewan: Recipes and Stories from the Province's Best-Loved Eateries (TouchWood Editions) By Naomi Hansen, \$45

# LIFE'S A **BEACH**

Colourful, vibrant and super playful, this year's beach-themed summer collection from Essie is all about having fun in the sun! With shades like Coconuts For You (cool coral), Revenge's a Beach (ocean blue), Tropic Low (shimmery moss green), and more, your fingers and toes are sure to dazzle, whether you're poolside, on the beach, lounging on the balcony or sipping piña coladas on the patio.

ESSIE Nail Polishes in Coconuts For You, Revenge's a Beach and Tropic Low, \$10 each, shoppersdrugmart.ca.



Learn more about proper sun protection in our story on page 48.





DON'T GET BURNED

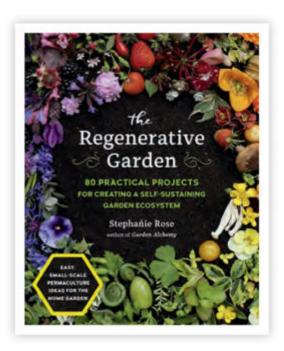
We all know the importance of sun protection, but when you're out in the sun all day it can be tricky to remember exactly when it's time to reapply. That's why we love these Canadian-developed UV detection stickers that are designed to keep you and your family fully protected by your sunscreen in just four steps. First, stick it to your skin and apply your sunscreen (cover the sticker, too). Expose the sticker to direct sunlight—it should turn clear after about one minute. Now you can safely enjoy your time outdoors and simply watch for the sticker to turn purple, which tells you it's time to reapply. One sticker and easy peasy-you're set for the day.

**SPOTMYUV** UV Detection Stickers 12-Pack, \$12, spotmyuv.ca.

HAPPY IN THE GARDEN

The synert Stephanie Rose Award-winning Canadian author and gardening expert Stephanie Rose has released her newest book, The Regenerative Garden, and it's just what we need this summer! She shares her extensive knowledge of permaculture to help you transform your garden into a self-sustaining ecosystem. The book includes DIY projects with step-by-step instructions for a more eco-conscious yard that will allow you to grow perennial foods, conserve water and provide habitat for wildlife. Inspired by her own wellness journey, Rose encourages others to explore the therapeutic benefits of gardening. Check out her website to find recipes that integrate the fruits of your labour into homemade skin-care products like peony bath salts, rose water and calendula lotion bars.

The Regenerative Garden (Cool Springs Press) by Stephanie Rose, \$33, gardentherapy.ca.





# Specs through the ages

Time for a new pair of glasses? Check out The Vintage Edit from Canadian eyewear company Clearly. The new curated collection features retro yet timeless frames in styles from decades past. These are our favourites and, bonus! With each pair of glasses purchased, Clearly will donate a pair to someone in need through its Buy One, Give One program. **CLEARLY.CA** 

- 1. '60s cat-eye: Derek Cardigan Throne-47 GLASSES in Rose Quartz, \$105.
- 2. '70s square: Main and Central Thursday GLASSES in Brown Tortoise, \$115.
- **3.** '80s aviator: Joseph Marc Observation GLASSES in Antique Gold, \$100.
- 4. '90s oval cat-eye: Love L741 GLASSES in Passion Fruit, \$90.

# **BEST FOOT** FORWARD

LET YOUR FEET FEEL THE **BREEZE WITH THESE COMFY** AND STYLISH SANDALS.



Reef Voyage Lite Seas **SANDALS** in

> Women's Bloom SANDALS in Sweet Gale Green, \$80,





LITTLE CITY ON THE PRAIRIE

EXPAND YOUR HORIZONS WITH THE LATEST AND GREATEST DESTINATIONS THAT WINNIPEG HAS TO OFFER.

Summer weather calls for blue skies, bike rides in the park, and beers with friends on the patio, and no place does this better than Winnipeg, Manitoba. In the heart of Canada, Winnipeg is well-known for its friendly vibes, but it's also full of exceptional attractions. The result? A world-class destination that feels like a small town. This summer, whether you're stopping in for a night or staying for a week, find your heart in Manitoba with these top things to see and do.

# **VISIT**

travelmanitoba.com for even more creative ideas for a summer stay in Winnipeg.

# For the art lover...

The city's newest art centre, Qaumajuq (pronounced kow-ma-yourk), celebrated its first year in March. With 40,000 square feet of space and a façade designed to convey Nunavut's vast, snowy landscape, it's home to the largest public collection of contemporary Inuit art in the world. The nearly 14,000 pieces include everything from carvings and drawings to textiles and jewellery.

If you make your way through the doors before February 2023, you'll see Qaumajug's inaugural exhibition, INUA, which is an acronym for Inuit Nunangat Ungammuaktut Atautikkut, or "Inuit Moving Forward Together." It was conceptualized by curators from the four regions of the Inuit homeland in Canada and features the work of more than 90 artists in the 8,000-square-foot Qilak ("sky") gallery. A few highlights include a collage of embroidered wall hangings by various artists, mixed-media masks by Drew Michael and a shipping container with video and sound projections by Glenn Gear.

Of course, make sure you pop into the Winnipeg Art Gallery (WAG) next door while you're in the neighbourhood. Osborne Village is also a short walk away, with lattes at Little Sister Coffee Maker, pho at Phở Huang, and trinkets at Small Mercies. — wag.ca/qaumajuq

# For the naturalist...

Craving a dose of nature in the city? The six themed Gardens at The Leaf in Assiniboine Park are now open for you to explore. Linked by winding pathways, the nearly 30 acres of greenspace include a Kitchen Garden filled with edible plants, a Sensory Garden with colourful tactile, fragrant species, and an Indigenous Peoples Garden, which was created through collaboration with Indigenous elders, designers, and community leaders. There's even a tranquil archway of trees known as The Grove, and it's the perfect spot to ride a rented cruiser or tandem bicycle from Bee2gether Bikes.

While visiting Assiniboine Park, you'll also want to see the "Journey to Churchill" exhibit—including underwater viewing tunnels where you can watch polar bears swim—at the **Assiniboine Park Zoo**. And be sure to carve out time to scope the flowers at the English Garden and the bronze figures in the Leo Mol Sculpture Garden, then catch live music, movies, and yoga at the outdoor Lyric Theatre stage. — assiniboinepark.ca

# For the beer connoisseur...

Anyone with a penchant for craft beer and spirits will love the Manitoba Brew Pass, a mobile passport with discounts on tasting flights, merchandise, pours, and more. To help you get a sense of Winnipeg's brewery culture, pick a one-day pass (four breweries for \$29), three-day pass (seven breweries for \$49), or 90-day pass (10 breweries for \$69), and start your tasting journey.

You might visit Nonsuch Brewing Co., where the brew pass gets you a full pour of the micro-brewery's namesake beer. The intimate taproom features 10 rotating taps, plus plenty of vegetarian-friendly snacks—and a not-so-veg-friendly charcuterie platter.

Next, head over to Little Brown Jug for a flight of four 4-ounce beers of your choice. Try the signature offering, the 1919 Belgian Pale Ale, which was inspired by the Winnipeg General Strike, then move on to different flavours like the Black Lager or Brut IPA.

You might also try **Lake of the Woods** Brewing Company, located in the Hargrave St. Market, where you can watch the brewers work through the glass walls while sipping the tasting flight included with your pass. You'll also get 25 per cent off merchandise like hoodies, caps, and beer cozies—the perfect vacay souvenirs.

— travelmanitoba.com/things-to-do/passes



# **PLAN YOUR VISIT**

Round out your itinerary with these hotspots.

## **STAY**

Opened in 1913 as a luxurious stopover for railway passengers, the Fort Garry Hotel has undergone major renovations since 2014. In addition to upgrades in all the guestrooms, the lobby's Oval Room Brasserie has been restored to its oldworld opulence (with six months spent on the intricate plaster ceiling alone!). There's also a new fitness centre for logging a sweat sesh before you visit the Turkish bath at the in-house spa. — fortgarryhotel.com

St. Boniface restaurant Nola is the epitome of fusion cuisine. It mixes the styles of chef Emily Butcher (a former West Coaster with Chinese heritage) and Mike Del Buono (of sandwich shop King + Bannatyne) for small, shareable plates that burst with flavour. Try the honey-glazed gunpowder roast carrots with whipped feta and candied pumpkin seeds, the Reuben gyozas with wasabi mustard, and the loaded baked potato gnocchi with sauerkraut beurre blanc. — nolawpg.com

# **SHOP**

Winnipeg is the hometown of furniture manufacturer EQ3, and now boasts a palatial flagship store at Polo Park shopping centre. Wander through 44,000 square feet of homey goodness and even stop for pulled chicken soup or a grilled cheese sandwich at the new D+A Café, from renowned Winnipeg chef Mandel Hitzer (of Deer + Almond fame).

— eq3.com

# COOK THE COVER

# Oh Canada! RASPBERRY SUNDAES



For a fun twist, pour a little prosecco or rosé into the bottom of the cup before assembling the sundae.



Summer's in full swing, so there's no excuse not to enjoy a super delicious chilled dessert. This epic ice cream sundae boasts a flavour mash up you've got to try. You can thank us later!

PHOTOGRAPHY FOODIVINE STUDIO | FOOD STYLING NATALY SIMARD PROP STYLING CAROLINE SIMON

# RASPBERRY SUNDAES WITH BROWNIE BITS & CANDIED PECANS

MAKES 6 SERVINGS HANDS-ON TIME 30 MINUTES TOTAL TIME 40 MINUTES

## **Candied Pecans**

1 cup chopped pecans 1/3 cup maple syrup pinch fleur de sel

## **Raspberry Sauce**

2 cups fresh or thawed frozen raspberries

3 tbsp granulated sugar 1 tbsp lemon juice 3 cups vanilla ice cream

2 cups diced homemade or store-bought

brownies

1 cup fresh raspberries canned whipped cream (optional)

Candied Pecans In dry saucepan, toast pecans over medium heat, stirring often, until nuts are fragrant and beginning to brown, about 3 minutes. Remove pan from heat. Add maple syrup and stir to coat nuts. Return pan to heat; cook over medium-low heat, stirring often, until maple syrup liquid has evaporated and the sugars have crystallized, about

8 minutes. Mix in fleur de sel. Spread candied pecans evenly on parchment paper-lined baking sheet. Let cool completely and separate nuts. (Make-ahead: Can be stored in airtight container at room temperature for up to 1 week.)

Raspberry Sauce Meanwhile, in blender, purée raspberries, sugar and lemon juice until smooth (if necessary, add water, 1 tsp at a time, to obtain desired consistency). Strain through fine sieve placed over bowl. (Make-ahead: Can be stored in airtight container and refrigerated for up to 5 days.)

Divide half of the ice cream, Raspberry Sauce, diced brownies, fresh raspberries and Candied Pecans among six 1-cup dessert cups. Repeat layers with remaining ingredients. Top with whipped cream, if using. Sprinkle with any remaining Candied Pecan crumbs, if desired.

PER SERVING about 470 cal, 6 g pro, 23 g total fat (7 g sat. fat), 60 g carb (7 g dietary fibre, 44 g sugar), 35 mg chol, 165 mg sodium, 1.6 mg iron.



TEST KITCHEN **TIP** 

Prefer to use homemade brownies? Go to canadianliving. com/brownies for recipes.

# Take Control of Your Vaginal Health

Say bye to vaginal dryness and hello to long lasting relief!



PHENTIES

Vaginal Cleansing Gel

Vaginal Cleansing Gel

Patented design Smooth Comfort® Applicators

Helps fight vaginal odour Fast acting / long lasting pH balanced / unscented Paraben free

10 applicators (1.7 mL each)

Find **balance** after your period

# oHemme

# NO PAIN, NO DISCOMFORT!

- · Clear, clean, unscented gel
- · Pre-filled, no mess
- Smooth curved applicator



# Trending The hottest products and the latest

news from the world of beauty.



**EYES** FOR YOU

TIRED OF TIRED EYES? WE ARE, TOO. WHETHER THEY'RE **CAUSED BY A SLEEPLESS NIGHT** OR TOO MUCH SCREEN TIME (OR JUST LIFE IN GENERAL!), TRY OUT THESE EFFECTIVE **EYE-CARE PRODUCTS TO** WAKE UP YOUR PEEPERS.

This eye cream features Tasmanian sea kelp to hydrate and smooth the skin, and caffeine to reduce puffiness, while its pearly pink tint neutralizes and brightens bluish tones.

> ALYA SKIN Pink Pearl Illuminating Eye Cream, \$42, shoppersdrugmart.ca.



In the evening, apply this peptide and ginseng root serum that's designed to lengthen and multiply eyelashes after 12 weeks.

**CLINIQUE** High Impact Lash Amplifying Serum, \$65, clinique.ca.

> Conceal dark circles with a full coverage, weightless, hydrating and long-lasting product.

MAYBELLINE SuperStay Active Wear Concealer, \$16, maybelline.ca.



To combat signs of fatigue and keep the delicate skin under your eyes moisturized, protect it with this quenching mask.

CLARINS Total Eye Hydrate Mask-Balm, \$39, clarins.ca.





# WONDER OF NATURE

Thirty years ago, NUXE launched its very first product: Huile Prodigieuse, a multipurpose dry oil. To mark the anniversary, the brand is launching a new version of the oil; this time, certified organic with the scent of neroli, bergamot and lavandin. Not only does this all-over oil smell divine, but it also nourishes the skin, fades the appearance of stretch marks and adds shine to the hair. We love it!

NUXE Huile Prodigieuse Néroli Multipurpose Dry Oil, \$51, shoppersdrugmart.ca.

# SELF-CARE BOOST

IT'S NOT ALWAYS EASY TO FIND A FEW MOMENTS FOR YOURSELF DURING THE DAY. BUT IF YOU'RE LOOKING FOR A LITTLE SELF-CARE AND A MENTAL BOOST, YOU MAY DRAW COMFORT AND PLEASURE FROM YOUR BEAUTY RIT-UAL. THESE SUMPTUOUS PRODUCTS CAN HELP ENHANCE THE EXPERIENCE.

1. Drive away bad energies by burning this bouquet of ecoresponsible sage, eucalyptus and palo santo.

JUNE COSMÉTIQUES Sage Stick, \$15.50, junecosmetiques.com.

2. Energizing lemongrass invigorates the senses and olive oil keeps the skin hydrated in this heavenly scented soap.

**CLEAN REBELLION** I Am Happy Castile Soap. \$35. thedetoxmarket.ca.

**3.** This coconut, lemon and lauender aromatherapy oil takes us straight to a relaxing beach paradise. SELV RITUEL Botanical Bath and

Body Oil Rituel Soleil, \$36, selvrituel.com.

4. Give yourself a midday reset with a spritz of rosewater mist to invigorate your mind and skin.

**BE-U COSMETICS Rosewater Toning** Mist, \$22, beucosmetics.com.

5. Our morning coffee has competition! This tea made with rhodiola, cordyceps and L-theanine gives us a little boost of energy to start the day strong.

STEEP & MELLOW Groove Green Tea, \$30, thedetoxmarket.ca.



# Heaven scent

Floral, powdery, musky...if you're looking for an eau de toilette as complex as it is intoxicating, you should turn to the very first perfume from hair-care brand **Authentic Beauty** Concept. With its blend of white peony, freshly cut leaves, violet and earthy woods, it was designed as much to perfume the body as it was vour hair.

**AUTHENTIC BEAUTY CONCEPT** Body & Hair Eau de Toilette, \$65/50 ml, authenticbeauty



# Fresh

Hair damaged by colouring, chlorine and the sun? Broken, brittle or dry nails? Ingrown hairs? A dull complexion? Don't panic: Each problem has a solution. We asked several experts how to help repair the damage.

**TEXT** JESSICA DOSTIE



# HEALTHY HAIR

DIAGNOSIS: Dyed hair, swimming in chlorinated water and UV exposure don't mix. The result: dry, brittle hair, split ends and a lack of shine.

TO DO: Healthy hair starts at the scalp, an often overlooked part of any hair-care routine. The first step to great hair is to exfoliate the scalp twice a month, which is known to stimulate blood circulation while deeply cleansing your hair and removing buildup. In your everyday routine, try spacing out shampoos every two or three days, even more if possible, and proceed delicately so you don't stress already dry and fragile hair. For the same reasons, opt for a brush with soft bristles, whether they're made of synthetic material or boar bristles.

# PLANNING ON SPENDING YOUR SUMMER BY THE POOL?

Hair sunscreen is essential, whether it comes in the form of oil, styling cream or mist, to protect your locks from damage caused by UV rays and chlorinated water. After each swim, it's important to take the time to rinse your hair with clean water to remove all traces of chlorine and minimize the dehydration of your hair. Follow up with a hair serum or oil.

# **PRO TIP**

Who doesn't tie up their hair during a heat wave? But try to avoid hairstyles that create too much tension. Melissa Tedeschi, national education manager for Kérastase and shu uemura art of hair, suggests opting for fabric-covered elastics like scrunchies, for example, which are much gentler on hair fibres.

# **PRO TIP**

If your nails are yellow, it may be because you didn't apply a protective base before your polish, suggests Nathalie Ouellet, president of Nail Création. Before your next manicure or pedicure, try gently filing the nail surface to remove any yellowish pigments.



# FLAWLESS NAILS

DIAGNOSIS: Damaged, brittle or split nails? Several factors can weaken the nail matrix, starting with poor maintenance of gel manicures, not to mention the regular use of drying hand sanitizers.

TO DO: To keep strong nails that don't split, avoid a back-and-forth motion when using a soft emery board or nail file. If the damage is already done, keep your nails short and round, then use a hardening or strengthening product. Applied daily, cuticle oil will also help restore suppleness to the skin surrounding the nail beds and help prevent hangnails. Don't forget to disinfect your tools regularly!

GOOD TO KNOW: Gel manicures are much less likely to damage your nails when you apply and remove them correctly. Remove your gel manicure after two to three weeks to avoid damaging your nail beds, and take a break in between to allow your nails to rehydrate. Never peel off gel polish because you're also peeling off the top layers of your natural nails! Instead, use the appropriate removal products or go to a professional.

# SMOOTH SKIN

**DIAGNOSIS:** If you're anything like us and you ignored your legs and bikini area all winter long, now that it's time to wear shorts and swimsuits, dry skin and ingrown hairs have come to the party. Plus, without proper protection, there's always the risk of a sunburn.

TO DO: The key to smooth skin all year round? Exfoliation! Exfoliating once or twice a week in the shower not only eliminates dead cells on the surface of the skin and promotes the penetration of our skin-care products, but it also minimizes the risk of post hairremoval ingrowns, and can even help to gently dislodge them. To do this, body scrubs made with salt or sugar work particularly well. Make sure to follow up with a moisturizer adapted to your skin type. Even more importantly, apply your sunscreen regularly, rain or shine, and always reapply every two hours and after swimming. Suffering from an unfortunate sunburn? To soothe sunburn, replace rich moisturizers or oils—which can sometimes trap heat in the skinwith cooling gel products.

# **PRO TIP**

Even in the summer, the skin on your face needs hydration, warns Mélany Renaud, vice president of skin-care brand Clayton Shagal. If your usual moisturizer seems too rich, simply switch it out for a light-textured gel or serum. Refrain from replacing your moisturizer with a sunscreen, says Renaud, because these products have two different functions. Instead, layer your SPF over your moisturizer.



# Our product picks



1. Because your hair can be damaged by exposure to the sun, try a mist before styling to protect your coif from UV rays.

KÉRASTASE Soleil Huile Sirene Hair Oil Mist, \$49/150 ml, kerastase.ca.

2. Perfect for medium and thick hair, this mask repairs and strengthens the hair while also making it more manageable.

AMIKA The Kure Intense Bond Repair Mask, \$52, sephora.ca.

3. Coconut, avocado oil, rice protein and moringa seed combine to create a leave-in conditioner that detangles, hydrates and strengthens your hair.

COCO & EVE Like A Virgin Hydrating and Detangling Leave-In Conditioner, \$28, cocoandeve.com.

4. This sugar and salt exfoliant helps prevent ingrown hairs while also prepping the skin for hair removal.

> FUZZ WAX BAR Skin Perfecting Body Scrub, \$30, fuzzwaxbar.com.

5. Damaged and weakened hair will come back to life thanks to this shampoo filled with plant-based active ingredients selected for their fortifying and nourishing properties.

**RENÉ FURTERER** Absolue Kératine Repairing Shampoo, \$40, matandmax.com.

6. This ultralight sunscreen spreads like a charm and is quickly absorbed for an invisible, nongreasy finish.

VICHY LABORATOIRES Capital Soleil Ultra-Light UV Lotion SPF 60, \$30, vichy.ca.

7. Thanks to hyaluronic acid and grapeseed polyphenols, this soothing body lotion hydrates dry skin without leaving a greasy film.

**CAUDALIE** Vinotherapist Hyaluronic Nourishing Body Lotion, \$42, caudalie.ca.

8. Made with refreshing menthol and hydrating aloe vera extract, this spray helps to accelerate the tanning process while also offering a shimmering effect.

THAT'SO All-in-One Tan Accelerator Refreshing Water, \$60, that soitaly.com.

**9.** A sufficiently light treatment, perfect for hot weather, to apply under your sunscreen.

AVEENO Positively Radiant Gel Moisturizer, \$22. amazon.ca.

10. An ultra-luxurious leave-in hair treatment to replenish every strand from root to tip.

SHU UEMURA ART OF HAIR Ashita Supreme Intense Revitalization Serum, \$74, sephora.ca.

11. Since our lips can also be burned by UV rays, use an SPF lip balm to get all the protection you need.

SUN BUM Sunscreen Lip Balm SPF 30 in Banana, \$5, well.ca.

**12.** All it takes is one spritz of this treatment water, containing trace elements and mineral salts, to cool off after a day in the sun.

URIAGE Thermal Water, \$5.50/50 ml, uriage.ca.

13. This cream enriched with vitamin E protects the damaged skin of your hands while strengthening your nails. It can also be used on the feet after a pedicure.

> **CLAYTON SHAGAL** Hand Cream, \$19, claytonshagal.com.

14. This water-resistant sunscreen helps enhance your summer complexion with illuminating minerals.

**COPPERTONE** Glow Sunscreen Lotion with Shimmer SPF 30, \$11, walmart.ca.

15. The pleasant smell of rose makes this cuticle oil a must for homemade manicures!

> NAIL CRÉATION Cuticle Oil, \$10, nailcreation.ca.





# The causes

Secreted by the sebaceous glands of the scalp, sebum helps keep hair healthy—but when your body produces too much, you're left with a greasy, wet-looking coif. This can happen for a number of reasons, but the main one is overcleansing. If your scalp is normally on the dry side but you're using a purifying shampoo, you might be stripping your scalp of its natural healthy sebum (which is meant to protect the hair). This can cause the skin on the scalp to produce too much sebum, leaving you with greasy hair only a few hours after washing it!

Other causes of oily hair are more obvious, like infrequent washing, ineffective shampoo, or buildup of conditioning or styling products. Sometimes diet or stress can cause an overproduction of sebum. Talk to your health-care provider if you think this might be the case.

# How to camouflage oily hair

A few tricks can help you hide those oily roots and allow you to put off shampooing for another day: Wear an accessory like a headband, a scarf or a hat, tie up your hair rather than leaving it down, or change the spot where you part your hair. Dry shampoo can also give you a boost, but make sure to use it only occasionally and to wash your hair well as soon as possible afterward to prevent it from clogging the hair follicles on your scalp.

# To do or not to do...

You may have been told by your hairdresser to delay washing as much as possible to preserve natural oils and avoid stimulating the sebaceous glands. But if you have a naturally very oil scalp, a multitude of mild shampoos are now available so you can wash your hair daily or every other day without stripping the hair. This will keep your scalp decongested without drying out your locks.

Add a pre-shampoo treatment, a scalp scrub or a clarifying shampoo to your routine once or twice a week for a more in-depth cleansing. A treatment with exfoliating ingredients like salicylic acid will also help regulate sebum production.

A scalp massager is effective in helping your shampoo clean the scalp more deeply or allow a treatment to penetrate better and more evenly.

Make sure you've taken the time to rinse out your shampoo and conditioner completely.

If your scalp is super oily, stay away from shampoos and conditioners with rich or heavier ingredients like shea butter or avocado oil.

Only apply conditioner to the lengths of your hair, and completely avoid the scalp.



"Shampooing your hair twice versus just once every wash day is a simple trick that those with an oily scalp can benefit from! The first shampoo helps to dislodge accumulations (of product residue, sweat and dead cells) and the second cleanses well." -Shab Reslan, trichologist and hair expert.



# DOATWIRI,

Hooray for summer dresses! This season, we're featuring styles from short and sleek to long and sweet, and everything in between.



1. The River Maxi DRESS in Pistachio Pop, \$130, smashtess.ca. 2. Sleeveless Tasseled Color-Block All Day Maxi Swing DRESS in Pink Colorblock, \$50, oldnavy.ca. 3. Draped Sleeve Midi DRESS in Bright Blue, \$150, cosstores.com. 4. Multi-Floral Printed Challis DRESS, \$49, suzyshier.com. 5. Patchwork Midi DRESS in Blue & White Stripe, \$100, gapcanada.ca. 6. Linen Blend Stripe DRESS with Smocking Detail in Beige Black Stripes, \$90, penningtons.com. 7. Puffed Sleeve Printed Swing DRESS in Limoge, 80, reitmans.com. 8. Crinkle Halter Neck DRESS with Tie Detail and Shirred Hem in Jazzy, \$120, rw-co.com.



1. Midi Length Sleeveless Slip DRESS in Dry Rose \$90, penningtons.com. 2. Ruffled Maxi DRESS in Black, \$190, cosstores.com. 3. Linen Ruffle DRESS in Autumn Orange, \$240, bananarepublic.ca. 4. Button Back Linen Shift DRESS in Pale Guava Yd, \$144, jcrew.com. 5. Floral Print DRESS in Multicolored, \$100, zara.com. 6. Ribbed Bodycon Halter Neck DRESS in Black, \$80, rw-co.com. 7. Le Château Halter Fit and Flare Bonded Lace DRESS, \$89, suzyshier.com. 8. Open Back Satin Slip DRESS in Mushroom, \$90, reitmans.com. 9. Le Château Sleeveless Stretch Satin Chiffon Fully Lined Tunic DRESS in Bright Rose, \$69, suzyshier.com. 10. Pleated DRESS in Black,



1. Addition Elle Pleat & Release Crepe DRESS in Zephyr, \$100, penningtons.com. 2. Linen Blend Fit and Flare Spaghetti Strap DRESS with Back Details in Four Leaf, \$130 rw-co.com. 3. Chain Belt Halter DRESS in Khaki, \$350, michaelkors.ca. 4. Printed Chiffon DRESS with Metallic Thread, \$59, suzyshier.com. 5. Ruffle-Sleeve Linen-Cupro DRESS in Moss, \$291, jcrew.com. 6. Hudson North The Picnic Puff Maxi DRESS, \$110, thebay.com. 7. Stampa Mini DRESS in Landscape, \$210, bananarepublic.ca. 8. Polka Dot Printed Chiffon DRESS, \$59, suzyshier.com. 9. Puffed Sleeve Printed Linen Fit & Flair Wrap DRESS in Port Royal, \$80, reitmans.com.





It's incredibly easy for a knit top like this one to boast casual or chic allure!
Paired with luxe materials like silk and linen, or with runners, boots or mules, the options are truly endless—and stylish, too.

# WOW

Patterned silk shorts bring elegance to this out-on-the-town look. A pair of statement earrings and sleek leather boots add even more glamour.

Silk Cargo **SHORTS** in Python, \$300, bananarepublic.ca. **EARRINGS** in Gold \$10, suzyshier.com. Rue Stiletto Leather **BOOTIES** in Black, \$248, michaelkors.ca.

# work

Wide-leg trousers with a belted paper-bag waist combined with a knit tank and sleeveless button-down make up an effortlessly chic ensemble. Throw on some vibrant mules for extra pizzazz!

BLOUSE in French Roast, \$36, suzyshier.com. High Waist Wide Paperbag Tencel PANTS in Moonbeam, \$90, rw-co. com. Pilgrim Milan Sage SUNGLASSES, \$79, pilgrim.ca. Selah MULES in Green, \$120, aldoshoes.com.



# GET THE LOOK

Feeling inspired? There are plenty of these stylish knit tanks on the market.



Gabby V-Neck Crochet Cami **TOP** in Birch, \$39, veromoda.ca.



Openwork Knit **TOP** in Lime, \$50, mango.com.



Open Stitch Cotton **TANK TOP** in Heather Medium Beige, \$45, reitmans.com.











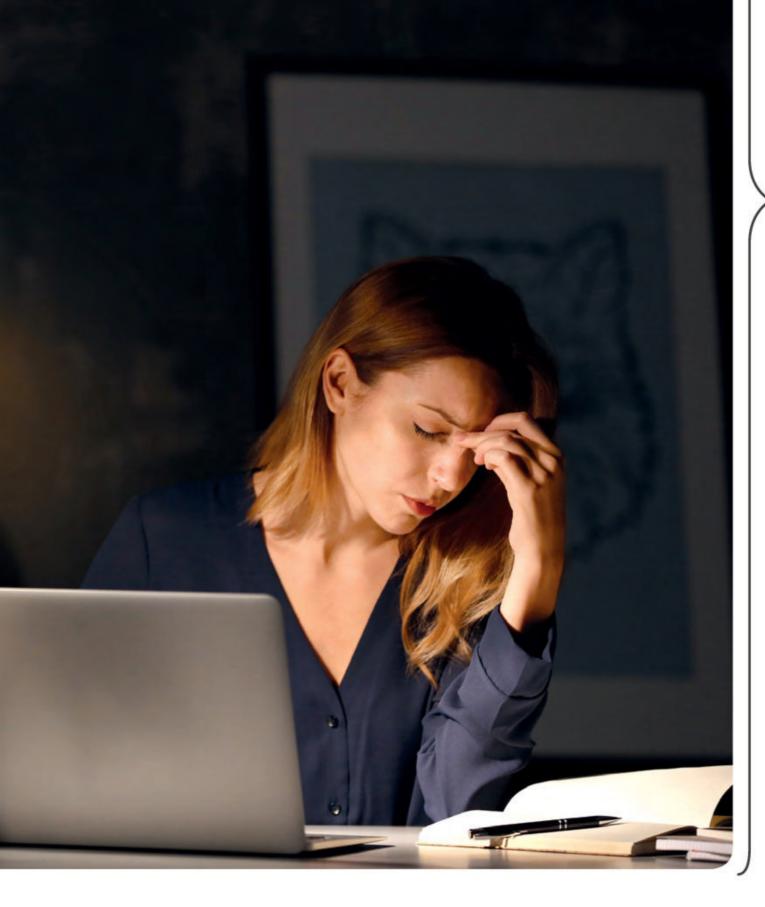


# THE SILKY WAY

A cropped sleeveless silk button-down paired with chino shorts is a whimsical take on traditional office wear.

Cotton Silk Drop Shoulder Crop **TOP** in Sage, \$210, silk laundry.ca. High-Waisted OGC 3.5-inch Chino **SHORTS** in Creme de la Creme, \$40, oldnavy.ca. Sara Gold-Plated **EARRINGS**, \$48, **BRACELET**, \$48, pilgrim.ca. Straw Shopper **BAG** in Black, \$36, suzyshier.com.





#### motivation of the month MORE DOWNTIME, MORE AMBITION

Working environments are changing—people are increasingly engaging in nonstandard job hours. But flexible schedules don't always result in better habits for your daily grind: It turns out that when you work can impact how you feel about it. Toiling outside the standard 9 to 5 can negatively impact one's motivation—the desire to engage in work out of interest, enjoyment and meaningfulness. So in order to keep up your enthusiasm, it may be beneficial for you to resist the urge to work during off hours.

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# farly birds get the worms

Believe it or not, now is the time to make your financial plan for the holidays in December.



you may not want to think about holiday shopping in the middle of the summer, especially if December's festivities are normally a stressful time for you (and your bank account), but it's actually a great time

to put in a little effort now for greater reward later on. Wouldn't it be wonderful to go into the holiday season with goodwill in your heart, peace in your mind, and the right cash in your wallet, so that when the holidays roll around you can be full of joy instead of trepidation?

The holiday season doesn't have to be an experience filled with last-minute shopping and a mound of debt afterward. You can approach this year's festive weeks with intention and more ease, all by starting to plan in July! Here are five things you can do to set yourself up for success:



#### Have a family meeting to talk about the holiday season.

Will you go away on vacation or stay at home? Will you host dinner or go to someone else's? A family discussion might spur some new and creative ideas. Also talk about how you want to feel during the holiday season. Do you want to rest and relax? Connect with others? Go on adventures? Planning how you want to feel can help give shape to the activities you want to build into your time.

Agree to having a credit-free holiday season. This will ensure that once the season is over, you're not spending the next three months paying it off. In fact, by committing to a credit-free holiday season, you can return to your everyday life and continue working on your financial goals just as soon as you've recycled all the wrapping paper and eaten the last cookie!

Talk openly and honestly about your budget, and work **backward.** For example, with easy math, if the holiday season is going to cost \$1,000 for gifts, wrapping, food and drinks, baking, babysitting, and extra fuel for driving, and vou have 10 paychecks between now and the holidays, put \$100 of every check into a savings account, and you'll be set. If the amount per paycheck feels like too much strain on your budget, adjust your goal so you put less aside. Ask your family for creative ways to help with the budget. Can your children make some money by recycling bottles and cans? Can they contribute and be part of the entire process?

> With a creditfree holiday season, you can continue working on your financial goals as soon as you've recycled the wrapping paper and eaten the last cookie:

Make a list of essential gifts to buy. Once an item has been purchased, cross it off and move on. This is especially true for the friends and family on your list. Once you've handled your sister's gift, that's it! Don't keep looking for that "perfect gift" and buying her more. She'd likely enjoy your "presence" over another wrapped box. With a main list, you can start shopping as early as you want to maximize seasonal sales.

Use this time to create teachable moments for your chil**dren.** This can be a fun process to go through with your family. You have an opportunity to talk about setting SMART (specific, measurable, achievable, relevant, and timed) goals, creating a budget, quality versus quantity, impulse control (waiting for a sale), using technology (savings apps), and price comparison. Beyond this, you're modeling communication, collaboration, and the value of planning in advance.

Whether you're a seasoned outdoorsperson or a camping novice, we've got the info you need to experience the wonders of the Canadian wilderness.

**TEXT** MADELEINE LAVIN

A national pastime enjoyed by many, camping has seen a surge in interest during the COVID-19 pandemic. It's no wonder given how many options there are to choose from—national and provincial parks, private campgrounds, backcountry campsites and even your own backyard. Many campsites include a picnic table, a place to park, a firepit and a flat spot to pitch your tent. There are also often indoor washrooms available and even indoor plumbing for showers! Some campgrounds are equipped with kitchen shelters, electrical, sewer and water hookups, and wifi access zones.

#### **BEFORE YOU GO**

It's always best to book your site in advance, as some campgrounds fill up quickly. Once you've secured a site, it's time to get ready. "Look at maps and plan your route; check out photos, recipes and the gear you need to bring with you. Enjoy the preparation—it's a prelude to the trip itself," says Matt Ronan, department manager at MEC Toronto.

Preparedness is vital, but it's not all about the gear. The best advice comes from the Happy Camper, Canadian camping expert and bestselling author Kevin Callan. "I'm called the Happy Camper for a reason—I camp to thrive, not survive. There's a huge difference." Know your limits and don't push yourself to try something you don't feel ready for. Car camping and RVing offer an ideal starting point for beginner campers. And don't forget to bring along a sense of humour, says the camping expert. A positive attitude can go a long way if the going gets tough.

Some essential skills you'll want to master are "knowing how to set up your tent, how to light and safely maintain a fire and how to cook a meal either on the fire or on a stove," says Ronan. He also recommends becoming familiar with your equipment, such as a camping stove or water filter, ahead of time. Consider spending a night camping in your backyard before you go: "This is a great way to check your gear while helping you, your children or dog acclimatize to the experience of sleeping in a tent," he says.

To make a great trip even better, Callan suggests bringing good food as part of the "thrive" mindset. Ronan agrees: "Chop, mix, prepare, combine and season as much as possible in advance at home so that only the final stages of food preparation are left for the campsite," he says. Vacuum-sealing, dehydrating or freezing food beforehand will ensure that it keeps for the duration of your journey. There are excellent camping cookbooks out there with gourmet recipes to try, too!

66 Don't forget to bring along a sense of humour... a positive attitude can go a long way if the going gets tough. 99

#### WHEN YOU ARRIVE

If there's a visitor's centre, make sure to stop by and pick up a map of the campground, which is helpful for finding your site, as well as hikes, beaches, washrooms and other services. Check out information pamphlets or talk to park staff about fire, wildlife, water and weather safety so you know what to expect.

Setup is key! While you may want to go exploring or crack a beer, shelter and food storage should be the top priorities upon arrival. Nothing is worse than trying to set up in the rain or after dark. There's plenty of work to go around, so delegate tasks based on campers' strengths, suggests Callan. First things first: Pitch your tent, set up a tarp for shelter and find a good place to store food.

Take in the lay of the land, find a flat area for your tent and be sure to scope out the surrounding trees for any dead branches before deciding on a spot. You'll want to enjoy your site regardless of weather, so shelling out for a good quality tarp means you won't spend the whole time in your tent if it rains. When the tarp is set up properly, you can actually enjoy a fire underneath it. This way, you can immerse yourself in the environment instead of trying to escape it, says Callan.



#### CL ULTIMATE CAMPING PACKING LIST:

can a dian living. com/life-and-relationships/travel/article/ $the \hbox{-} ultimate \hbox{-} packing \hbox{-} list \hbox{-} for \hbox{-} camping \hbox{-} in \hbox{-} canada$ 



#### **EMERGENCY KIT**

Make sure you have a wellstocked first-aid kit and a whistle. Don't forget sunscreen and bug repellent!

#### **INCLEMENT WEATHER**

Lightning storms are more dangerous than wild animals, cautions Callan. "You need to wait for at least 20 minutes, and even up to two hours, for the storm to pass because it can hit you two kilometres away."

#### **WATER SAFETY**

Always wear your PFD when on the water, and consider taking paddling lessons if you've never canoed or kayaked before.

#### **FIRE SAFETY**

A campfire is a quintessential part of the experience. Make sure you know how to safely maintain and put out a fire. Adhere to fire bans where present to preserve the natural environment.

#### **WILDLIFE**

The most important things are to be aware and give wild animals lots of space. Parks Canada offers a good rule of thumb: Stay at least 30 metres (3 bus lengths) away from large animals such as deer, moose and elk, and 100 metres (10 bus lengths) from bears, wolves, coyotes and cougars. Bring your binoculars, or a telephoto lens if you're keen to capture a photo.

Car camping has the benefit of easy food storage since you can simply keep everything in your vehicle. Some backcountry campsites are now equipped with bear boxes—a simple method to keep food safe! If you do need to hoist your food bag up in a tree, Callan says to "look for a place way behind the campsite." Don't wait until after dinner when it's dark to find the perfect tree. Instead, find a tree a far distance back during daylight hours, and put your rope over a limb. Mark the rope with a piece of reflective flagging tape, so you can find it after dusk, he adds. "Ideally, a bear hang—a container such as a dry bag should hang at least two metres from the trunk of the tree used, and at least three metres off the ground," says Ronan.

#### WHILE YOU'RE THERE

Don't bring any food items or scented products (like deodorant or toothpaste) into your tent. Keep your site clean to prevent any critters from visiting while you're off on an activity or during the night. Remember that you're entering their home, not the other way around.

Take advantage of the great outdoors and plan activities for the days ahead, such as paddling, swimming or hiking. Many campgrounds also offer exhibits in the visitor's centre or guided tours and activities for children and adults alike—a great way to get the most out

of your experience. A deck of cards or other games offer something to do during downtime or on a rainy afternoon.

"I strongly recommend unplugging as much as possible," says Ronan, but if there's one app you'll want to use, it's the camera. "The best camera for any situation is the one that you have with you at the time, and for many of us, this is the camera on our phones." You might also consider safety apps—such as AdventureSmart or the Canadian Red Cross First Aid app—or others designed for plant identification or stargazing.

#### **BEFORE YOU LEAVE**

Leave your campsite without a trace that you've been there. The adage holds true: Take only photos, leave only footprints. Maintain the natural beauty of your location by leaving nature where it is for future generations of campers to enjoy.

Pay it forward: If you want to go above and beyond, leave some firewood in a dry spot for the next arrivals—it'll be much appreciated. "Think of it like going through the drive-through at Tim Hortons and having someone in front of you pay for your coffee," says Callan.

### CAMPING BENEFITS

There are numerous benefits to getting outside and enjoying nature, including boosting the immune system, improving mood and reducing stress. Going camping can also help you get a good night's sleep and reset your inner clock. Living according to the cycle of the sun by camping outside can help the body restore its natural circadian rhythms, resulting in more restful sleep, say the experts at Parks Canada. Camping is also a great way to tune in to yourself. "I like being in the woods because it's a great way to reconnect with the simplicity of life," says Callan.

### 66 I strongly recommend unplugging as much as possible. 99

#### **GLAMPING**

"It doesn't matter where you go, it matters that you go," says the Happy Camper. If roughing it in a tent isn't your thing, there are plenty of other alternatives available for those who want to get outdoors without so much of the outdoorsy part. For example, at national parks the unique oTENTik option is a cross between a cabin and tent that can house up to six people. Parks Canada notes it's an ideal solution for families, friends and couples of all ages who want to discover the joys of camping but prefer the comfort of a bed and an already prepped campsite.





### OUR PRODUCT PICKS

MAKE THE MOST OF YOUR CAMPING EXPERIENCE WITH THESE HANDY ITEMS.

1. Preparedness is the key to camping. Cooking over the fire can be tricky, especially in the rain. Make sure that you're not going hungry with this portable, lightweight cooking set. It also creates on-demand electricity if you need to charge your phone or headlamp. Bonus!

BioLite CampStove Complete COOK KIT,

BioLite CampStove Complete **COOK KIT**, \$300, altitude-sports.com.

**2.** Kevin Callan's comprehensive book that has everything you need to know for an enjoyable camping experience.

The Happy Camper: The Essential Guide to Life Outdoors (Firefly Books) by Kevin Callan, \$25.

**3.** Snooze in style with an ultra comfy, self-inflating sleeping mat like this one. For added comfort throw in a pillow, too!

MEC Reactor 10 **SLEEPING PAD**, \$230, MEC Deluxe **PILLOWS** in Deep Navy, from \$35 each, mec.ca.

**4.** Flashlights are so passé. A rechargeable headlamp leaves your hands free to chop wood, make dinner and read ghost stories.

Black Diamond Spot 400-R **HEADLAMP** in Octane, \$75, mec.ca.

**5.** Keep your kiddos happy with games and activities. This one is fun for the whole family!

Spot It! Gone Camping **CARD GAME**, \$21, amazon.ca.

**6.** You can dine in rain or shine with the right equipment, and who would know better than the quintessential Canadian outdoor outfitter.

Woods Lodge Camp **SCREEN SHELTER**, \$240, canadiantire.ca.

**7.** It's easy to pick up the cheapest camping chairs available, but they sometimes don't survive the journey. A solid camping chair makes a considerable difference in comfort, especially for larger bodied folks. This one is rated up to 800 lbs.

ALPS Mountaineering King Kong Steel-Frame Heavy-Duty **CAMP CHAIR** in Deep Sea, \$98, walmart.ca.





#### health hack of the month TAKE A SEAT TO EAT

Summer is the time for dining alfresco, which can also mean more meals taken standing up. But if you want to really enjoy your food, research suggests sitting down. A standing posture actually mutes the taste buds because the effect of gravity on your circulatory system increases the stress hormone cortisol, reducing sensory sensitivity. So whether you're at a picnic, barbecue or food truck, take a seat while you snack to fully savour the flavour.

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## Lively Lemon

Originating in Southeast Asia, lemons were the first citrus fruits to arrive in the Mediterranean around the first century BC. Considered valuable for their healing qualities, pleasant aroma and rarity, they were status symbols for the ancient Roman ruling elite. Now a grocery store staple, lemons offer an excellent way to add flavour to meals without increasing calories or salt. Not only that, they can also help your body absorb nutrients like iron and carotenoids from other food sources.

**TEXT** MADELEINE LAVIN

#### THE BENEFITS

**Sniff Test** 

Lemon's scent can have a beneficial effect on your mind by enhancing positive moods and boosting confidence...but that's not all. A prominent symptom of COVID-19 is smell loss, which has left many with long-term deficiency or distortions. "Smell training," involves sniffing at least four different odours (including lemon) twice daily for several months and has emerged as an effective way to recover smell performance after infection. As a diagnostic tool, the inability to identify different scents, including lemon, lilac or leather, is a strong predictor of Alzheimer's disease. The nerve pathways involved in perceiving and recognizing odours are affected at a very early stage in the disease, and early diagnosis can help patients and families better plan their lives.

#### **Bacterial Ban**

Lemon and its components offer up antimicrobial properties, so it's no wonder that it's a classic cleaning solution fragrance. Research on

common pathogens like noroviruses that cause gastrointestinal infections shows that lemon juice could potentially be a safe and practical disinfectant. Solvents made with lemon peel have also been shown to be effective against salmonella, staphylococcus and other pathogenic bacteria. Pharmaceutical and food industries are likewise exploring lemon as a natural antimicrobial agent for food and drugs.

#### **Pee Happy**

Lemon's high antimicrobial activity may also be useful against common bacterial strains that cause urinary tract infections—especially in light of the high recurrence rates and antibiotic resistance of such infections. Lemons have the most citric acid of any fruit, which may benefit those suffering from kidney stones. Some studies show that citric acid can help prevent new kidney stones from forming and break up existing stones. The more citric acid in your urine, the better protected you may be from forming new stones. Plus, a slice of lemon in your water is perfect for adding flavour and staying hydrated!







unspots, fine lines and dull skin tone are all classic signs that your complexion has probably caught a few too many rays. But most of us still don't seem to be able to spot the sunspots.

Sun damage does not look the same on everyone, says Dr. Renée A. Beach, a dermatologist and founder of DermAtelier on Avenue in Toronto, but there are some telltale signs. "If we're talking about brown or black skin, you might see darker or lighter patches and post-acne changes that linger longer because the process of inflammation caused by the sun and acne activates melanocytes to produce more melanin, resulting in deeper brown tones," says Dr. Beach. Rosacea-prone people of all skin tones will notice even more redness in response to sun exposure. Aside from the immediate redness of a burn, folks with fairer skin may see more freckles and tan lines, too.

Unfortunately, a lot of us still view a summer glow as "healthy looking," and worse, helpful. A recent U.S. survey found that 47 percent of adults were either unsure, or incorrectly believed, that a "base tan" was not harmful and would even prevent sunburns. "I want to be really clear about this," says Dr. Beach. "A base tan is synonymous with base damage."

Each bit of sun damage results in skin cells that reproduce with errors, which accumulate over time to form mutations that can result in cancer. A great skin-care regimen, with the right serums and moisturizers (and/or in-office treatments with a dermatologist), can minimize some of the visible signs of sun damage. "But you can't reverse or reduce DNA damage caused by the sun," says Dr. Beach.

"We wait so long in Canada for summer, so I can't blame people who want to bask in the sun when it's finally here, but let's go about it in the right way," she says. That means regular and sufficient applications of broad-spectrum sunscreen with a minimum rating of SPF 30, seeking shade, avoiding overexposure during peak hours and covering up with UPF-rated clothing to protect your skin from UVA and UVB rays.

Unfortunately, a lot of us still view a summer glow as "healthy looking," and worse, helpful.

#### SO YOU MESSED **UP YOUR SPF APPLICATION**

If you've spent an afternoon on the cottage dock or at the community pool and are now as crimson as a tomato despite using sunscreen, you're not alone. Here are the top five ways that many of us tend to get it wrong when it comes to sunscreen application.



#### You forgot some of the often-missed areas like your ears or feet

"Easily exposed sites are most likely to get sunburned," says Dr. Monica Li, a dermatologist and clinical instructor in the department of dermatology and skin science at The University of British Columbia. Think top of the head, decolletage, back of the neck and shoulders. These areas receive so much exposure that it's tough to keep them protected (and unless you're wearing a hat, your scalp is very vulnerable since we don't often apply sunscreen past the hairline). Lips, ears, and feet are also common spots for sunburns because they are simply forgotten during the application process.



#### You used a spray without rubbing it in

Many people love to use a sunscreen spray because it provides a light, nonsticky texture, but—and this is a big but—they are not oneand-done products. Like a gel or lotion, a spray still needs to be rubbed into the skin. Without this second step in the application process, areas of the body can easily be overlooked, leaving patches of skin exposed and vulnerable to burning.



#### You didn't apply enough

Sunscreen is too often underapplied, which means you're not even getting the full SPF protection listed on the tube, stick or spray bottle. Keep in mind that you'll need a nickel-size dollop for your face and a shot glass size amount (roughly two tablespoons) for your body. Plus, it needs to be reapplied every two hours, or every 40 to 80 minutes (depending on the product you're using) after swimming or sweating.



#### You didn't apply a waterresistant product

A day at the beach, afternoon poolside or a long run in the heat requires the right type of product. Be sure to switch to a sunscreen that is described as water- and/or sweatresistant on the packaging. This means it has been designed to stay on the skin and withstand a dip in the water, or dousing of sweat, while still shielding you from UV rays. These products are only resistant to water for a certain amount of time, so read the label to make sure you know when to reapply.



#### You overestimated the power of your sunscreen

People often have a false sense of security once they've applied a good layer of sunscreen, but even the best application isn't the only defence needed against UV light, says Dr. Li. The most effective way to protect your skin is to think of your sunscreen as just one piece of the sun-care puzzle. You'll also need to seek shade, cover up and avoid exposure during the peak hours of 11 a.m. to 3 p.m.

"After all of the discomfort, wound care and regret, make sure to do whatever is possible to avoid a future sunburn," says Dr. Li.

#### How you're really supposed to treat a sunburn

For a classic red-as-a-lobster first-degree burn, a cold shower, ice pack wrapped in a dishcloth and application of a cooling lotion or aloe gel can all be helpful, says Dr. Beach. "They won't reduce the damage but can relieve the symptoms." When it comes to more intense, blistering burns, you'll need to take extra care, since the skin barrier has been breached.

There are differing opinions among dermatologists as to whether it helps to remove blistered skin, says Dr. Beach. "The most important thing either way is to keep the skin clean," she says. Be sure to carefully wash the area daily with a gentle cleanser, skip your spin classes and swims at the community pool since you want to avoid any chance of infection, and keep the burn covered from further sun exposure until it heals.

#### **BURN OUT**

In the unfortunate event that you get a sunburn, the right products can provide some relief and help your skin to heal.



#### **BEST AFTER-SUN BODY TREATMENT**

Treat rosy thighs or crimson shoulders to this cooling gel that's loaded with vitamin E and aloe to soothe damaged skin and help restore moisture.

**SUN BUM** Cool Down Soothing and

#### **BEST AFTER-SUN LIP TREATMENT**

If you forgot to protect your pout and it's feeling dry and chapped, this cooling ointment will provide instant relief.

**EOS** The Fixer Medicated Lip Ointment,



#### **SUPER SUNSCREENS** TO TRY THIS **SUMMER**

Have some fun in the sun-without burning your skin-with these effective, easy-to-wear sprays, lotions and sticks.



This eco-conscious spray is water- and sweat-resistant for up to 40 minutes and goes on with a light-feeling, nongreasy finish.

> LIVE CLEAN Sport Mineral Sunscreen Spray SPF 30, \$23, well.ca.

#### Best for ····· combination skin

A lightweight sunscreen that's nonirritating. even on breakout-prone skin. Layer this sheer zinc mineral sunblock over your serum and moisturizer, or use it in place of a day cream.

**BIOSSANCE** Squalane + Zinc Sheer Mineral Sunscreen SPF 30, \$40, sephora.ca.

#### Best makeup ····· multitasker

With sheer coverage, skin-care benefits (thanks to a blend of oils and vitamin C), sun protection and a dewy finish, it's the ultimate allin-one product. Plus, it comes in eight shades to suit every skin tone.

> **BEAUTYCOUNTER** Dew Skin Tinted Moisturizer, \$62, beautycounter.com.









Aveeno

HYDRATE

#### Best for sensitive skin

This hypoallergenic mineral sunscreen stick contains oat extract. a gentle emollient that soothes dry skin.

**ATTITUDE** Oatmeal Sensitive Natural Care Mineral Sunscreen Stick SPF 30, \$20, attitudeliving.ca.

#### ..... Best value

This powerful sunscreen is gentle enough to use on both your face and body every day; plus, it doubles as a moisturizer to keep your complexion hydrated and protected from head to toe.

**AVEENO** Protect + Hydrate Moisturizing Sunscreen SPF 30, \$13, amazon.ca.

#### ······ Best for the family

Slather up bodies big and small with this nonallergenic, tear-free lotion that provides broad-spectrum SPF 50 protection.

**BABYGANICS** SPF 50 Mineral Sunscreen Lotion, \$15, well.ca.

#### ..... Best for mature skin

A blend of mineral sunscreen and moisturizing ingredients helps correct and protect against future signs of sun damage. And the ultralight texture sits perfectly under makeup.

IDC DERMO Solis+ SPF 30 Mineral Anti-Aging Sunscree \$40, idcdermo.com.





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\*Some conditions apply



#### colour of the month PALE GREEN

Fresh and bright, yet oh-so delicate, this light green hue looks stunning on outdoor furniture like the table seen here. Just make sure your paint is properly formulated for exterior use.

The California Collection Palm No. CC4 **PAINT**, farrow-ball.com.

Behr Fresh Dew M370-1 **PAINT**, homedepot.ca.

Aloe Essence DLX1221-1 **PAINT**, dulux.ca.

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# WIN THE WAR

Weeds come in all types—large or small, prickly or smooth, native or introduced, some with pretty flowers and others with blooms so insignificant you never even notice them. They can drive us crazy but there are ways to shut them out.

**TEXT LARRY HODGSON** 



#### WEEDS POP UP IN THE PLACES WHERE YOU LEAST WANT TO SEE

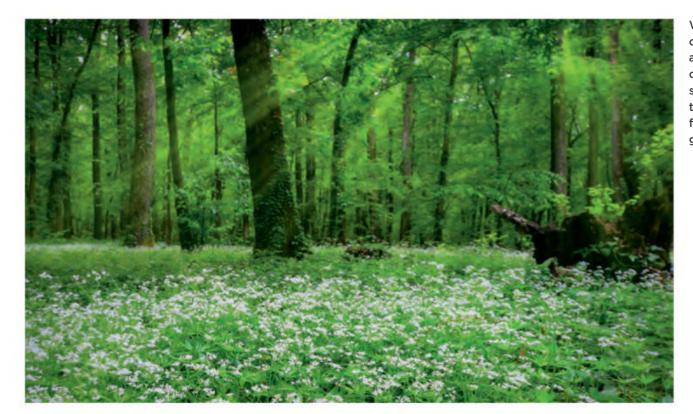
THEM: on our lawns, in our gardens, or between patio stones and pavers in our driveways. Wherever there is the slightest crevice or hole, up they come. And they do damage, too. Weeds can smother garden plants, steal their light, water and minerals, and eventually, take their place. That's reason enough to want to eliminate them! But when they poison our pets or leave us and our children suffering from skin irritations and allergies—as some of them do-removing them from our yards is a priority.

#### PROPER PREVENTION

There are many ways to suppress weeds, but prevention is always the best solution. The most effective method of preventing weeds from infiltrating your garden is to start with fresh store-bought soil that is free from leafy intruders. After planting in the weed-free earth, cover the soil with about 5 to 7.5 centimetres of mulch, such as chopped fall leaves, ramial chipped wood or straw. Mulch prevents light from reaching seeds that fall to the ground, so they can't germinate. You will need to top up the mulch from time to time since it decomposes over the years; some mulches break down more quickly than others. When the mulch starts to thin out, the sun's rays can get through, which allows weed seeds to germinate again.

It's good practice to make sure that the soil you buy doesn't contain any rhizomes or roots of creeping weeds. If in doubt, deposit a shovelful or two on a flat surface, water it and keep it moist. If new plants emerge from small buried sections of root or stem, the soil is contaminated and you should avoid using it.

You can also try to beat the weeds at their own game. Rather than leaving the space between two taller plants exposed to the air—always an open invitation to weeds—plant a ground cover plant there and let it fill in. It will create a dense carpet that leaves no room for other green visitors. That's why ground covers are often called "living mulch."



When the soil is carpeted with a dense ground cover (here, sweet woodruff), there's no place for weeds to grow.

#### **CAREFUL CONTROL**

Among older generations, a popular method for eliminating weeds in the garden was cultivation using a hoe, cultivator or other long-handled soil tools. Gardeners would spend hours turning the soil between rows of their favourite vegetables and flowers, pulling out, digging up and slicing unwanted plants. Cultivation kills the weeds temporarily, but they grow back quickly (and more densely!). That's because cultivating breaks rhizomes into small pieces and each piece soon produces a new plant. It also brings dormant weed seeds to the surface, which can then germinate and start a new invasion.

To make matters worse, we now know that cultivating the soil destroys its structure, rendering it hard, compact and not favourable for good growth. For these reasons, cultivation is no longer commonly used as a weeding technique. If you choose to use this method, remember that you'll need to repeat it once every 10 to 14 days.

Actually pulling weeds can be more effective, especially those like dandelions and plantain that lack creeping rhizomes. Make sure to water 24 hours beforehand, which makes the roots slip out of the soil much more readily. A dandelion weeder can be useful in this task. It looks like a screwdriver with a forked tip. Simply press the fork against the base of the plant, then grab the leaves and pull up slowly but firmly with one hand and while pressing down on the handle of the tool with the other, like a lever. The plant pops out of the ground like magic! Don't forget to cover the hole left behind with mulch; otherwise, a new weed will sprout there!

It is also possible to kill weeds with creeping roots by covering the entire area with a black tarp or a piece of old carpet for one year. Without light, they'll exhaust themselves and die. Sometimes it even takes a second year to eliminate very persistent weeds like horsetail.

#### HANDY HERBICIDES

These days, the most commonly available herbicides or weed killers are non-selective ones. The idea is to spray them only on the plant to be eliminated because they'll also kill neighbouring plants if they reach them. Read the label carefully and follow it to the letter. If you're leery of chemical weed killers, you'll discover that many nonselective herbicides are organic, usually made from vinegar or citric acid.

You can also make your own non-selective weed killer out of vinegar. However, ordinary white vinegar and other cooking vinegars have weak concentrations, containing only five to seven percent acetic acid, and are unlikely to be able to kill anything other than young leaves. Horticultural vinegar (with 10 percent or, even better, 20 percent acetic acid) is much more effective. A little liquid soap is usually added to it so that the vinegar will stick to the leaves. Horticultural vinegar will kill even tough older leaves and sometimes roots as well.

Many homemade recipes you can find on the internet suggest mixing salt into white vinegar, but then any ecological pretensions fly out the window. Salt is not an ecologically safe product to use in your garden because it kills weeds by making the soil toxic. There is also a serious risk that salt-based herbicides will poison the water table and nearby waterways. Plus, soil contaminated with salt can remain toxic for decades. Not very environmentally friendly, is it?



**CONTROLLING WEEDS ON A LAWN IS** PARTICULARLY TRICKY. WHEN A LAWN IS TAKEN OVER BY PLANTAIN, DANDELIONS OR SOME OTHER WEEDS, HOW CAN YOU KEEP THE SOD ALIVE AND HEALTHY WHILE **ELIMINATING THE UNWANTED PLANTS?** HERE ARE A FEW TIPS:

- Hand-pull the weeds. It's important to fill the hole left behind with topsoil and drop grass seed onto the soil, otherwise weed seeds will soon settle in the empty space.
- Spray a nonselective herbicide directly onto the plant to be eliminated, being careful not to damage the surrounding grasses.
- Apply a pre-emergent herbicide. This treatment will only be effective against weeds that grow from seed, such as crabgrass, and has to be applied just before they germinate.
- Hire a lawn care company to do the job with whatever selective herbicide they are legally allowed to use.



#### HOMEMADE HERBICIDE RECIPE

In a spray bottle, mix 5 ml of mild soap into 500 ml of horticultural vinegar. On a day where no rain is predicted for at least 24 hours, spray on the foliage of the plant to be eliminated. Repeat monthly as needed.

Selective herbicides, once widely used on lawns, are those that kill broadleaf weeds (dandelions, plantains, etc.) without harming the narrow-leaved grasses that make up the lawn. However, most of these have been banned in Canada because of their harmful effect on the environment and their risk to humans, especially children, and pets. However, lawn maintenance companies have some products they still use, to the great pleasure of lovers of the perfect lawn.

There is also a small category of herbicides that is quite different: pre-emergent herbicides. Their purpose is to prevent weeds from germinating correctly. The best known of this category is corn gluten meal. And in addition to being an organic herbicide, it has the advantage of enriching the soil with nitrogen, a mineral very useful for plant growth. Usually, corn gluten meal is applied to prevent the germination of annual weeds such as crabgrass. Thus, it should not be used in conjunction with any seed sowing you want to do, either at the same time or shortly after, whether that is lawn, vegetable or flower seeds, as it doesn't discriminate between weed seeds and the seeds of useful plants.











#### **INTRUDER ID**

HERE ARE 10 OF THE MOST COMMON WEEDS FOUND IN OUR LAWNS AND GARDENS:

#### 1 CANADA THISTLE (Cirsium arvense)

A large perennial plant with spiny leaves, pinkish-purple flowers and feathery white seed heads. It spreads via invasive rhizomes and is found in lawns and gardens.

#### 2 CRABGRASS (Digitaria sanguinalis)

A low-lying annual grass with fairly wide pointed leaves in a yellowish hue with slender green flower spikes. Mostly found in lawns and along roadsides.

#### 3 **DANDELION** (*Taraxacum officinale*)

Easily recognizable, this plant has a low rosette of toothed leaves and double yellow flowers that bloom in May. Found in lawns, gardens and along roadsides.

#### 4 GROUND IVY (Glechoma hederacea)

This creeping perennial plant has small heart-shaped leaves and pretty purple flowers. It spreads via invasive runners. Found in lawns and gardens.

#### 5 HORSETAIL (Equisetum arvense)

A perennial plant with no true leaves, the narrow green stems form an open ponytail. Fertile stems emerge in early spring and lack chlorophyll.

Found in gardens and lawns.

#### 6 LAMB'S QUARTERS (Chenopodium album)

This annual, fast-growing plant has mealy looking upper leaves and spikes of whitish-green flowers on top. Found in gardens.

#### 7 PLANTAIN (Plantago major)

A low-lying perennial plant with a rosette of leathery spoon-shaped leaves with parallel veins and erect spikes of insignificant flowers. Found in lawns, gardens and roadsides.

#### 8 RAGWEED (Ambrosia artemisiifolia)

An erect, annual plant of variable height with deeply cut yellowish-green opposite leaves.

Narrow spikes of green flowers bloom in late summer.

This plant is a major cause of hay fever. Found in lawns and along roadsides.

#### 9 WHITE CLOVER (Trifolium repens)

No longer considered a lawn weed by many gardeners, this perennial plant is identified by rosettes of trifoliate leaves and small, whitish globular flowers. It spreads via creeping runners. Found in lawns and gardens.

#### 10 WOODSORREL (Oxalis stricta)

This small upright annual plant has trifoliate leaves and yellow flowers with five petals. It spreads via creeping runners. Found in gardens.











## DESTINATIO DECOR Jaxx Twist BEAN BA in Navy St \$700 indi \$700 indi \*\*Total Control \*\*Total Control

Let your mind wander to the Maritimes, Tuscany or Mexico without leaving your backyard with objects inspired by these stunning spots. Let the staycation begin!

Simons Maison Mirage Indoor-Outdoor **RUG** in Assorted Blue, 5'3" x 7'6", \$228, simons.ca. Jaxx Twist Outdoor BEAN BAG CHAIR in Navy Stripes, \$300, indigo.ca.



#### SEASIDE SPIRIT

Touches of navy, striped patterns, and wood and rope materials imbue an outdoor living space with classic nautical vibes.

> Canvas Arrowhead Recycled Plastic Outdoor Patio **MUSKOKA CHAIR** in Navy, \$200, canadiantire.ca.



Hampton Bay Pinery Wood Burning FIRE BOWL, \$398, homedepot.ca.



Canvas Outdoor Oval Party **TUB**, \$25, canadiantire.ca.



Befästa 17" Indoor/Outdoor **LANTERN**, \$27, ikea.ca.









browned and no longer pink inside, 12 to 15 minutes.

Meanwhile, brush bread slices on each side with remaining oil. Sprinkle with salt flakes, if using. Place bread on grill and cook, turning halfway through grilling time, until golden brown and slightly marked, 2 to 3 minutes. On cutting board, cut bread into cubes and slice chicken breasts diagonally.

On large serving platter or 4 plates, arrange spinach, bread cubes and chicken slices. Top with raspberries, feta, almonds, onion and basil. Drizzle with Raspberry-Basil Vinaigrette.

**PER SERVING** about 600 cal, 50 g pro, 21 g total fat (5 g sat. fat), 52 g carb (7 g dietary fibre, 9 g sugar), 110 mg chol, 800 mg sodium, 5.9 mg iron.

#### Raspberry-Basil Vinaigrette In

blender, purée 1/2 cup fresh raspberries with 2 tbsp each balsamic vinegar, olive oil and fresh basil leaves, 1 tbsp each lemon juice and maple syrup, and 1 tsp Dijon mustard. Season with salt and pepper. (Make-ahead: Can be stored in airtight container and refrigerated for up to 2 days.) Makes about 1/2 cup.

#### RASPBERRY CHEESECAKE CUPS

MAKES 6 SERVINGS HANDS-ON TIME 30 MINUTES TOTAL TIME 13/4 HOURS

4 cups	fresh raspberries, divided
3/4 cup	brown sugar, lightly packed
4 tsp	lemon juice, divided
1 cup	graham cracker crumbs (from about 14 square cookies)
2 tsp	granulated sugar
1/4 cup	unsalted butter, melted
1 cup	35% whipping cream
1/4 cup	icing sugar
1	227 pkg cream cheese, softened
1 tsp	vanilla

In saucepan, combine 2 cups raspberries, brown sugar and 1 tbsp water. Heat over medium heat, stirring constantly, until brown sugar dissolves. Reduce heat and simmer until mixture is syrupy, about 10 minutes. Add 1 cup of the remaining raspberries and 3 tsp of the lemon juice; stir gently. Remove from heat and let cool. Place filling in airtight container and refrigerate until ready to use (filling will thicken as it cools), at least 1 hour.

In bowl, combine graham cracker crumbs, granulated sugar and butter until mixture is moistened. Divide mixture among six 1-cup dessert cups or glasses, about 3 tbsp per cup. Press mixture into bottom of each cup to form crust. Set aside.

In large bowl, using electric mixer, beat cream until soft peaks form. Add icing sugar and continue beating until stiff peaks form. In separate bowl, using electric mixer with clean beaters, beat cream cheese until fluffy. Stir in vanilla and remaining lemon juice. Using spatula, fold whipped cream into cream cheese mixture.

Spoon cream cheese filling over reserved graham crusts in cups, about 6 thsp per cup. Top with raspberry filling, about 1/3 cup per cup. Garnish with remaining fresh raspberries. (Make-ahead: Can be refrigerated for up to 2 days.)

PER SERVING about 560 cal, 5 g pro, 36 g total fat (22 g sat. fat), 54 g carb (6 g dietary fibre, 40 g sugar), 100 mg chol, 265 mg sodium, 1.4 mg iron.





Find more fast and fresh dinner ideas at canadianliving.com/quickandeasy.

**GRILLED** 

**CORN BLT** 

SALAD

**GRILLED** 

LAMB CHOPS

WITH FETA SAUCE

**GRILLED** 

**VEGETABLE** 

PASTA SALAD

TUNA &

VEGETABLE

**FLATBREADS** 

**GRILLED SHRIMP** 

& WATERMELON

LETTUCE CUPS





**MAKES** 4 SERVINGS

500 g large shrimp, peeled

and deveined

2 tbsp olive oil chili powder 2 tsp

2 cloves garlic, finely chopped

salt and pepper

**Boston lettuce leaves** 11/2 cups diced watermelon avocado, diced crumbled feta cheese 1/4 cup

small fresh jalapeño pepper,

seeded and finely chopped

(optional)

fresh cilantro, chopped (optional) Lime-Cilantro Mayonnaise (recipe, this page)

Preheat barbecue to medium heat (about 350°); grease grill. In bowl, combine shrimp, oil, chili powder and garlic. Season with salt and pepper. On metal or soaked wooden skewers, thread shrimp about 1/4-inch apart. Place skewers on grill and cook, turning halfway through grilling time, until shrimp are pink, 4 to 5 minutes.

Top each lettuce leaf with shrimp, watermelon, avocado and feta. Sprinkle with jalapeño and cilantro, if using. Serve with Lime-Cilantro Mayonnaise.

PER SERVING (WITH 4 TSP MAYONNAISE) about 395 cal, 28 g pro, 27 g total fat (5 g sat. fat), 10 g carb (4 g dietary fibre, 4 g sugar), 220 mg chol, 500 mg sodium, 1.5 mg iron.

#### **Lime-Cilantro Mayonnaise**

In bowl, combine 1/3 cup mayonnaise, 3 tbsp chopped fresh cilantro, 1 tsp grated lime zest and 2 tsp lime juice. (Make-ahead: Can be stored in airtight container and refrigerated for up to 3 days.) Makes about 1/3 cup.



### TUNA & VEGETABLE FLATBREADS

**MAKES** 4 SERVINGS

3/4 cup cream cheese 1/4 cup mayonnaise

3 tbsp chopped fresh flat-leaf

parsley (approx)

2 tbsp rinsed, drained and chopped capers

1 tsp grated lemon zest
1 tbsp lemon juice
1 clove garlic
salt and pepper

4 flatbreads, toasted

1 head Boston lettuce, leaves cut in strips

1 170 g can flaked light tuna, drained

2 cups sliced cherry tomatoes (or 2 large tomatoes, sliced)
2 mini cucumbers, thinly sliced

balsamic glaze (optional) hot pepper flakes (optional)

In bowl, using whisk, combine cream cheese, mayonnaise, parsley, capers, lemon zest and juice, and garlic. Season with salt and pepper.

Spread creamy mixture on flatbreads. Top with lettuce, tuna, tomatoes and cucumbers; season with salt and pepper. Drizzle with balsamic glaze, if using. Sprinkle with hot pepper flakes, if using, and parsley, if desired.

PER SERVING about 545 cal, 20 g pro, 27 g total fat (11 g sat. fat), 56 g carb (4 g fibre, 6 g sugar), 65 mg chol, 900 mg sodium, 4.1 mg iron.







#### GRILLED CORN BLT SALAD

**MAKES** 4 SERVINGS

2 corncobs, husked1 tsp vegetable oilsalt and pepper

6 strips bacon, sliced

6 cups coarsely chopped romaine hearts

1 cup halved cherry tomatoes2 green onions, chopped

Smoked Maple Vinaigrette (recipe, this page)

Preheat barbecue to medium-high heat (about 375°F); grease grill. Brush corncobs with oil; season with salt and pepper. Place corncobs on grill; close lid and cook, turning occasionally during grilling time, until corn is tender-crisp, about 15 minutes. Let cool enough to handle. Cut kernels from corncob.

Meanwhile in skillet, cook bacon over medium heat, turning regularly, until browned and crispy, 6 to 8 minutes. Drain on paper towel-lined plate.

In large bowl, combine lettuce, corn, bacon, tomatoes and green onions. Drizzle with Smoked Maple Vinaigrette and toss to coat.

PER SERVING about 275 cal, 13 g pro, 16 g total fat (2 g sat. fat), 20 g carb (3 g dietary fibre, 6 g sugar), 25 mg chol, 500 mg sodium, 1.3 mg iron.

Smoked Maple Vinaigrette In small bowl, combine 1/4 cup olive oil, 3 tbsp white wine vinegar, 2 tsp maple syrup, 1 tsp Dijon mustard and 1/2 tsp smoked paprika. Season with salt and pepper. (Make-ahead: Can be stored in airtight container and refrigerated for up to 5 days.) Makes about 1/2 cup.



No barbecue? No problem! Cook corncobs in saucepan of boiling water until kernels are tender, no more than 7 minutes.



2 tbsp olive oil, divided

1 tbsp za'atar

salt and pepper 3/4 cup plain 2% Greek yogurt 1/3 cup crumbled feta cheese

1 tbsp lemon juice 1 clove garlic

1/3 cup finely chopped fresh mint

lemon wedges (optional)

oil. Sprinkle with za'atar and season with salt and pepper. Place chops on grill; close lid and cook, turning halfway through grilling time, until desired doneness, 6 to 8 minutes for medium-rare. Let stand for 5 minutes.

Meanwhile, in food processor, blend yogurt, feta, remaining oil, lemon juice and garlic until sauce is smooth. Add mint, and season with pepper, if desired Serve lamb chops with feta sauce, and lemon wedges, if using. Sprinkle with mint leaves, if desired.

LINEN, SIMONS. DISH,

PER SERVING about 275 cal, 30 g pro, 16 g total fat (5 g sat. fat), 3 g carb (0 g dietary fibre, 2 g sugar), 85 mg chol, 525 mg sodium, 2.2 mg iron.





### GRILLED VEGETABLE PASTA SALAD

**MAKES** 4 TO 6 SERVINGS

375 g farfalle or other short pasta zucchini, cut diagonally in 2

1/2-inch slices

1 sweet red pepper, seeded

and quartered

red onion, cut in 1/2-inch thick rings 1

5 tbsp olive oil, divided

salt and pepper

3 tbsp red wine vinegar 2 tsp **Dijon mustard** 

2 cloves garlic, finely chopped 1 540 ml can white beans, rinsed and drained

1/3 cup chopped fresh basil

In saucepan of boiling salted water, cook pasta until al dente, 8 to 10 minutes. Drain and rinse under cold water; drain again. Set aside.

Meanwhile, preheat barbecue to medium-high heat (about 375°F); grease grill. Brush zucchini, red pepper and onion with 1 tbsp of the oil; season with salt and pepper. Place vegetables on grill; close lid and cook, turning halfway through grilling time, until tender-crisp. Let cool and chop into pieces.

In large bowl, whisk together remaining oil, vinegar, mustard and garlic; season with salt and pepper. Add pasta, grilled vegetables, white beans and basil; mix to coat well.

PER EACH OF 6 SERVINGS about 425 cal, 15 g pro, 11 g total fat (2 g sat. fat), 67 g carb (9 g dietary fibre, 5 g sugar), 0 mg chol,



of delicious fruits and vegetables that guarantee inspired summer dining.

> **RECIPES HUGO SAINT-JACQUES PHOTOGRAPHY** FOODIVINE STUDIO FOOD STYLING NATALY SIMARD PROP STYLING CAROLINE SIMON







## GRILLED TUNA WITH LIME & SHALLOT

MAKES 4 SERVINGS HANDS-ON TIME 20 MINUTES TOTAL TIME 30 MINUTES

1/4 cup avocado or olive oil
1/2 cup finely chopped shallot
1 tsp grated lime zest

1/4 cup lime juice 1 tbsp liquid honey

tbsp sodium-reduced soy sauce tuna steaks, patted dry (about 180 g each)

1 tbsp canola oil salt and pepper

Mashed Peas with Ginger & Mint

(recipe, this page)

Sautéed Beets with Honey & Cider

(recipe, this page)

store-bought crispy fried onions mint leaves

In small skillet, heat avocado oil over medium-low heat. Add shallot and cook until softened, 2 to 3 minutes. Transfer to bowl. Add lime zest and juice, honey and soy sauce; mix. Set aside.

Preheat barbecue to medium heat (about 350°F); grease grill. Brush tuna with canola oil; season with salt and pepper. Place tuna on grill; cook, turning halfway through grilling time, until desired doneness, 4 to 6 minutes for medium-rare. Transfer tuna to serving platter; let rest 5 minutes.

Divide Mashed Peas with Ginger & Mint among 4 plates. Top with tuna steaks. Drizzle tuna with reserved shallot mixture. Sprinkle with crispy fried onions and mint leaves. Serve with Sautéed Beets with Honey & Cider.

PER SERVING (TUNA STEAK) about 345 cal, 45 g pro, 15 g total fat (2 g sat. fat), 7 g carb (0 g dietary fibre, 6 g sugar), 70 mg chol, 250 mg sodium, 1.5 mg iron.

#### SAUTÉED BEETS WITH HONEY & CIDER

MAKES 4 SERVINGS HANDS-ON TIME 10 MINUTES TOTAL TIME 45 MINUTES

4 small yellow beets
4 small red beets
1 tbsp salted butter
2 tbsp cider vinegar
1 tbsp liquid honey
salt and pepper

In saucepan of boiling salted water, cook beets until tender, 20 to 30 minutes. Drain and run under cold water until cool enough to handle. Peel and quarter beets.

In skillet, heat butter over medium heat. Add beets; stir until heated through, about 2 minutes. Add vinegar and honey; cook until beets are well coated, about 1 minute. Season with salt and pepper.

PER SERVING about 85 cal, 2 g pro, 3 g total fat (2 g sat. fat), 13 g carb (2 g dietary fibre, 11 g sugar), 8 mg chol, 310 mg sodium, 0.8 mg iron.

### MASHED PEAS WITH GINGER & MINT

**MAKES** 4 SERVINGS

In saucepan of boiling salted water, cook 4 cups fresh or frozen peas for about 3 minutes; drain. In food processor or blender, purée drained peas, 1/3 cup avocado or olive oil, 1/4 cup lemon juice, 2 tsp grated fresh ginger and 15 mint leaves. Press mixture through fine sieve. Season with salt and pepper.

PER SERVING about 275 cal, 7 g pro, 19 g total fat (2 g sat. fat), 19 g carb (6 g dietary fibre, 7 g sugar), 0 mg chol, 250 mg sodium, 2.1 mg iron.



To ensure that the yellow beets keep their beautiful golden colour without turning pink, sauté separately, before the red beets, with half the vinegar and honey.





**TOTAL TIME 30 MINUTES** 

2 tbsp rice vinegar granulated sugar 1 tbsp

1/2 tsp

large shallot, thinly sliced 1tsp toasted sesame oil

ready-to-serve tempura or 1/4 cup panko bread crumbs

2 large avocados, halved, pitted and peeled

Miso Vinaigrette (recipe, this page)

hard-cooked egg, coarsely chopped 1/2 cup coarsely chopped fresh cilantro

salt and pepper

In small saucepan, combine vinegar, 1 tbsp water, sugar and salt; bring to boil. Remove from heat; add shallot, stir and let stand for 10 minutes.

Meanwhile, in skillet, combine sesame oil and tempura. Cook over medium heat, stirring, until tempura is golden brown, 2 to 3 minutes. Transfer to paper towel-lined plate and season with salt and pepper; set aside.

Cut avocados into thin slices about 1/8-inch thick. Arrange avocados on serving plate. Drizzle with half of the Miso Vinaigrette. Garnish with egg, reserved tempura, cilantro and drained marinated shallot. Serve with remaining vinaigrette.

PER SERVING about 505 cal, 5 g pro, 46 g total fat (5 g sat. fat), 18 g carb (7 g dietary fibre, 2 g sugar), 95 mg chol, 250 mg sodium, 1.1 mg iron.

oil, grated fresh ginger and mirin (Japanese sweet rice wine), 1 tsp grated lime zest, 1 tbsp lime juice and 1 clove garlic, finely chopped. Season with pepper. (Make-ahead: Can be stored in airtight container and refrigerated for up to 3 days.) Makes about 1/2 cup.

#### BERRY SOUP WITH **LEMON & BASIL**

**MAKES 4 SERVINGS HANDS-ON TIME 20 MINUTES TOTAL TIME 5 1/2 HOURS** 

#### **Lemon Broth**

1 cup cane sugar 2 tsp grated lemon zest 6 tbsp lemon juice

1/2 tsp vanilla (or 1 vanilla bean, grated) stalk lemongrass, coarsely chopped

5 fresh basil leaves

Kaffir lime leaf (optional)

20 blueberries 20 raspberries

12 strawberries, quartered 20 ground cherries, halved

20 blackberries basil leaves (optional)

Lemon Broth In medium saucepan, bring 1 1/2 cups water, sugar and lemon juice to boil, stirring, until sugar has dissolved. Remove from heat. Add lemon zest, vanilla, lemongrass, basil, and lime

temperature for 4 hours. Strain broth and refrigerate for at least 1 hour. (Make-ahead: Can be stored in airtight container and refrigerated for up to 3 days.)

**Assembly** Divide fruit among four bowls. Pour chilled broth over fruit. Garnish with basil leaves, if using.

PER SERVING about 255 cal, 2 g pro, 1 g total fat (0 g sat. fat), 60 g carb (3 g dietary fibre, 52 g sugar), 0 mg chol, 1 mg sodium, 0.8 mg iron.

#### DID YOU KNOW?

Kaffir limes are citrus fruits with lumpy, green skin. Mainly used in Southeast Asian cuisines, their flavour is reminiscent of lemongrass and ginger. The dried leaves may be found in the spice aisle of grocery stores.





#### STRAWBERRY MOJITO

MAKES 6 SERVINGS HANDS-ON TIME 15 MINUTES TOTAL TIME 20 MINUTES

#### juice of 2 limes

strawberries, hulled and quarteredcupgranulated sugar or simple syrup

1/2 cup fresh mint leaves (approx)

11/2 cups white rum

cold carbonated water (or club soda)

8 cups ice cubes

lime wedges (optional)

Pour lime juice into large pitcher. Add strawberries and sugar; mix. Let stand for 5 minutes.

Add mint leaves and lightly crush with muddler. Stir in rum and carbonated water. Pour into 6 ice-filled glasses. Garnish with lime wedges, if using, and mint leaves, if desired.

**PER SERVING** about 225 cal, 0 g pro, 0 g total fat (0 g sat.fat), 20 g carb (1 g dietary fibre, 18 g sugar), 0 mg chol, 2 mg sodium, 0.2 mg iron.

#### SPARKLING ROSEMARY LEMONADE

MAKES 6 SERVINGS HANDS-ON TIME 15 MINUTES TOTAL TIME 50 MINUTES

1 cup granulated sugar2 sprigs fresh rosemary

4 cups cold carbonated water (or club soda)

1 cup lemon juice

ice cubes

lemon slices (optional) rosemary sprigs (optional)

In saucepan, combine 1 cup water, sugar and rosemary. Bring to boil, stirring until sugar has dissolved. Remove pan from heat, cover and let stand for 30 minutes. Strain mixture into bowl; discard rosemary. (Make-ahead: Can be stored in airtight container and refrigerated for up to 1 month.)

In large pitcher, combine rosemary syrup, carbonated water and lemon juice. Pour into 6 ice-filled glasses. Garnish with lemon slices and rosemary, if using.

**PER SERVING** about 145 cal, 0 g pro, 0 g total fat (0 g sat. fat), 36 g carb (0 g dietary fibre, 34 g sugar), 0 mg chol, 1 mg sodium, 0 mg iron.

#### BLACKBERRY BRAMBLE

MAKES 1 SERVING HANDS-ON TIME 10 MINUTES TOTAL TIME 10 MINUTES

8 fresh blackberries, divided

1 tbsp simple syrup

crushed ice 11/2 oz gin

2 tbsp lemon juice

1 strip lemon zest (optional)

Place 5 of the blackberries and the syrup in highball glass. Using muddler, mash blackberries. Fill glass with crushed ice. Add gin and lemon juice, stirring quickly. Thread remaining blackberries on cocktail skewer. Garnish drink with skewered blackberries, and lemon zest, if using.

**PER SERVING** about 170 cal, 1 g pro, 0 g total fat (0 g sat. fat), 18 g carb (2 g dietary fibre, 15 g sugar), 0 mg chol, 2 mg sodium, 0.3 mg iron.

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## CANTALOUPE, MAPLE & LIME MOCKTAIL

MAKES 4 TO 6 SERVINGS HANDS-ON TIME 10 MINUTES TOTAL TIME 10 MINUTES

cubed cantaloupe 4 cups

3 cups cold water

3 tbsp lime juice maple syrup 2 tbsp

1 tbsp coarsely chopped fresh ginger small cantaloupe slices (optional)

In blender, purée cubed cantaloupe, water, lime juice, maple syrup and ginger until smooth. Set aside in refrigerator. (Makeahead: Can be stored in airtight container and refrigerated for up to 2 days.)

Pour cantaloupe mixture into ice-filled glasses. Garnish with cantaloupe slices, if using.

PER EACH OF 6 SERVINGS about 60 cal, 1 g pro, 0 g total fat (0 g sat. fat), 14 g carb (1 g dietary fibre, 13 g sugar), 0 mg chol, 20 mg sodium, 0.2 mg iron.



#### WATERMELON & YELLOW PEPPER GAZPACHO

**MAKES** 6 SERVINGS **HANDS-ON TIME 20 MINUTES TOTAL TIME 1 HOUR 20 MINUTES** 

cubed seedless watermelon 5 sweet yellow peppers, seeded

and diced

1/2 English cucumber, peeled and diced

small red onion, cubed

salt and pepper

1/3 cup 2% plain yogurt

1 tbsp chopped fresh flat-leaf parsley 1 tbsp chopped fresh tarragon 1 tbsp chopped fresh basil

In blender, purée watermelon, peppers, cucumber and onion until smooth. Season with salt and pepper. Strain, if desired. Refrigerate for at least 1 hour. (Makeahead: Can be refrigerated overnight.)

Divide gazpacho among 6 bowls. Top with yogurt and chopped herbs. Season with pepper, if desired.

PER SERVING about 60 cal, 2 g pro, 0 g total fat (0 g sat. fat), 13 g carb (2 g dietary fibre, 9 g sugar), 1 mg chol, 150 mg sodium, 0.7 mg iron.



#### FRIED HALLOUMI & **CARROT CHUTNEY** MINI PITA BREADS

**MAKES** 4 TO 6 SERVINGS **HANDS-ON TIME 35 MINUTES TOTAL TIME 35 MINUTES** 

2 tsp cumin seeds 1tsp fennel seeds 1 cup finely diced carrot 1/3 cup granulated sugar 1/4 cup lemon juice

sherry or red wine vinegar 1 tbsp 200 g halloumi cheese, cut in 12 slices Homemade Mini Pita Breads 12 (recipe, this page) or store-bought mini pita breads, toasted

salt and pepper za'atar (optional) chopped fresh mint (optional)

In small saucepan over medium heat, toast cumin and fennel seeds for 20 seconds. Stir in carrot, sugar, lemon juice and vinegar. Reduce heat to mediumlow and simmer, stirring occasionally, until carrots are tender-crisp, about 10 minutes. Transfer carrot chutney to bowl and set aside. (Make-ahead: Can be stored in airtight container and refrigerated for up to 1 week.)

Heat large skillet over medium heat. Add halloumi and cook, flipping halfway through cooking time, until golden on each side, about 4 minutes. Top mini pitas with halloumi and reserved carrot chutney. Sprinkle with salt and pepper, za'atar and mint, if using.

PER EACH OF 6 SERVINGS about 400 cal, 12 g pro, 17 g total fat (6 g sat. fat), 50 g carb (2 g dietary fibre, 16 g sugar), 25 mg chol, 725 mg sodium, 3 mg iron.

Homemade Mini Pita Breads In

large bowl, mix 2 cups all-purpose flour with 1 1/2 tsp baking powder and 1 tsp salt. Make well in centre of flour mixture and pour in 1/2 cup cold water, 2 tbsp olive oil and 1 thsp liquid honey. Using fork, combine until mixture forms a paste (if necessary, add water, 1 tbsp at a time, to obtain desired consistency).

On lightly floured work surface, knead dough for 2 minutes. Cover with clean tea towel and let rest for 10 minutes.

Roll dough into 12-inch-long cylinder, and cut into 12 portions. Shape each into ball and flatten into 1/4-inch thick circle. In large skillet, heat 2 thsp olive oil over medium heat. Cook mini pitas, flipping halfway through cooking time, until golden brown on each side, about 4 minutes. (Make-ahead: Can be stored in

airtight container at room temperature for up to 3 days or frozen for up to 3 months.) Makes 12 mini pita breads.

#### PARMESAN PANNA **COTTA WITH CHERRY** TOMATOES & BASIL

**MAKES** 4 SERVINGS **HANDS-ON TIME 30 MINUTES TOTAL TIME 21/2 HOURS** 

**Panna Cotta** 

unflavoured gelatin 7 g 1/4 cup cold water 11/2 cups 10% cream

1/2 cup finely grated Parmesan cheese

2% milk 1/3 cup 11/2 tsp garlic powder

salt and pepper

**Toppings** 

10 unsalted water crackers or

soda crackers

1tbsp finely grated Parmesan cheese 1 cup

heirloom cherry tomatoes, cut in thin wedges

1tbsp coarsely chopped fresh basil

olive oil 1tsp salt and pepper

Panna Cotta In small bowl, sprinkle gelatin over cold water; let stand for 5 minutes. In saucepan, combine cream, Parmesan, milk and garlic powder. Season with salt and pepper. Heat over low heat until mixture starts to steam, about 3 minutes. Remove from heat and add gelatin mixture; stir until gelatin has dissolved. Let cool.

Gently pour mixture into four 1-cup dessert glasses or ramekins. Refrigerate until panna cotta is set, at least 2 hours.

**Toppings** Meanwhile, in food processor, pulse crackers and Parmesan until mixture reaches consistency of coarse crumbs. Set aside.

In small bowl, combine tomatoes, basil and olive oil. Season with salt and pepper. Set aside in refrigerator.

Top each Panna Cotta with cracker crumbs and cherry tomato mixture.

PER SERVING about 240 cal, 10 g pro, 16 g total fat (9 g sat. fat), 14 g carb (1 g dietary fibre, 6 g sugar), 45 mg chol, 400 mg sodium, 0.7 mg iron.









MAKES 4 SERVINGS HANDS-ON TIME 20 MINUTES TOTAL TIME 1 HOUR 20 MINUTES

6 tbsp lime juice

2 tbsp sodium-reduced soy sauce

2 tbsp maple syrup2 tbsp olive oil

2 tbsp toasted sesame oil

salt and pepper

500 g fresh skinless sushi-grade

salmon fillet, diced

1/2 English cucumber, diced

1/2 mango, diced1/2 red onion, diced2 tbsp chopped fresh chives

In large bowl, combine lime juice, soy sauce, maple syrup, olive and sesame oils. Season with salt and pepper. Cover and refrigerate for 1 hour. (Make-ahead: Can be refrigerated overnight.)

Add salmon, cucumber, mango, onion and chives to reserved marinade; toss gently to coat well. Season with salt and pepper, if desired.

Using round cookie cutter or ramekin, gently divide salmon tartare among 4 small plates. Serve immediately with wonton chips or crostini, if desired.

PER SERVING about 280 cal, 29 g pro, 12 g total fat (2 g sat.fat), 14 g carb (1 g dietary fibre, 11 g sugar), 65 mg chol, 250 mg sodium, 0.8 mg iron.





















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## ITALIAN-STYLE SANDWICHES ON A BAGUETTE

**MAKES** 2 TO 4 SERVINGS **HANDS-ON TIME 20 MINUTES TOTAL TIME 20 MINUTES** 

baguette, halved lengthwise 2 tbsp Basil Pesto (recipe, this page)

or store-bought basil pesto thin slices prosciutto

2 tomatoes, thinly sliced

125 g fresh mozzarella, thinly sliced 250 g jar marinated mini artichoke

hearts, drained and halved packed arugula

1/2 cup 1/4 cup cream cheese sandwich. Cut in half or in quarters.

PER EACH OF 4 SERVINGS about 440 cal, 22 g pro, 20 g total fat (9 g sat. fat), 43 g carb (3 g dietary fibre, 6 g sugar), 55 mg chol, 1,100 mg sodium, 3.5 mg iron.

Basil Pesto In food processor, combine 1 cup packed fresh basil leaves, 1/2 cup grated Parmesan cheese, 2 tbsp pine nuts and 1 clove garlic, minced. Drizzle in 1/4 cup olive oil in thin stream, stirring until desired texture. (Make-ahead: Can be stored in airtight container and refrigerated for up to 3 days or frozen for up to 1 month.) Makes about 1/2 cup.

## BLUEBERRY, YOGURT & MAPLE ICE POPS

MAKES 6 TO 8 SERVINGS HANDS-ON TIME 20 MINUTES TOTAL TIME 6 1/2 HOURS

1 tsp cornstarch
1 tsp granulated sugar
170 g fresh blueberries
4 maple cookies
2 cups 2% plain Greek yogurt

1/4 cup maple syrup

In small saucepan, whisk 2 tbsp water with cornstarch and sugar. Add blueberries; cook over medium heat, stirring constantly, until mixture has thickened and blueberries start to break down, about 5 minutes. Remove pan from heat; let cool.

Meanwhile, in food processor, pulse cookies until they reach consistency of coarse crumbs; transfer to bowl. Stir in yogurt and maple syrup.

In ice pop moulds, layer yogurt mixture and blueberry compote in successive layers up to 1/4-inch from tops. To create marbled effect, gently plunge tip of small knife into moulds, sliding against side. Insert ice pop stick in centre of each mould. Freeze until firm, about 6 hours. (Make-ahead: Can be frozen for up to 1 month.)

Unmould ice pops by quickly passing the moulds under cool or lukewarm water. Sprinkle with maple cookie crumbs, if desired.

PER EACH OF 8 SERVINGS about 115 cal, 6 g pro, 2 g total fat (1 g sat. fat), 18 g carb (1 g dietary fibre, 14 g sugar), 5 mg chol, 45 mg sodium, 0.3 mg iron.





### SUMMER FRUIT GALETTE

MAKES 12 SERVINGS HANDS-ON TIME 40 MINUTES TOTAL TIME 2 HOURS 40 MINUTES

#### Crust

2 cups all-purpose flour 2 tbsp granulated sugar

1/4 tsp salt

1/2 cup cold unsalted butter, cubed

1/4 cup ice water (approx)

**Filling** 

2 tbsp all-purpose flour
2 tbsp ground almonds
4 peaches, thinly sliced
1/2 cup fresh raspberries
1/2 cup fresh blueberries
1/2 cup fresh blackberries
1/4 cup lightly packed brown sugar

2 tsp lemon juice 11/2 tbsp cornstarch

1/4 tsp salt

egg yolk
 tsp 2% milk
 tbsp brown sugar

**Crust** In large bowl, combine flour, sugar and salt. Using pastry cutter or two knives, work in butter until mixture reaches consistency of coarse crumbs. Drizzle with ice water and mix with fork until mixture comes together

to form dough (add up to 1 tbsp water, if needed). Shape dough into disc; wrap in plastic wrap and refrigerate for 1 hour. (Make-ahead: Can be refrigerated overnight or wrapped in foil and stored in resealable bag and frozen for up to 1 month.)

Filling Meanwhile, in small bowl, combine flour and almonds. Set aside. In large bowl, gently combine peaches, raspberries, blueberries, blackberries, brown sugar, lemon juice, cornstarch and salt. Set aside.

Preheat oven to 350°F. On lightly floured sheet of parchment paper, roll out dough into 16-inch circle. Transfer dough with parchment paper onto large baking sheet. Spread almond mixture in centre of dough; top with fruit filling, leaving 2-inch border around edge. Fold up edge of dough over fruit filling.

In small bowl, mix egg yolk with milk. Brush over edge of dough and sprinkle with brown sugar. Bake until galette is golden brown, 35 to 40 minutes. Let cool before serving.

PER SERVING about 225 cal, 3 g pro, 9 g total fat (5 g sat. fat), 33 g carb (2 g dietary fibre, 14 g sugar), 35 mg chol, 100 mg sodium, 1.4 g iron.



# (finally) made easy

Spend more time enjoying the fun parts of parenting with simplified food prep and easy cleanups.

Let's face it...parenting isn't easy. And when it comes to the challenging parts of it, like introducing solids to your baby, there's no denying the stress (and the mess!) that ensues. We know that providing fresh, healthy and tasty meals for your little one is top priority, but when it requires either heaps of prep and cleanup, or purchasing endless jars and pouches of baby food, the task becomes daunting or costly, and feels unsustainable in our busy lives. Enter Quark, a Vancouver-based parent-owned company focused on creating intelligent, high-quality products that make feeding your babe less stressful, easier on the wallet and environment and, of course, more fun!

The brand's Quook Baby Food Processor will be your new best friend, whether you're testing the waters with baby's first foods or routinely making homemade purées for a picky toddler. Not only does this sleek and stylish smart machine blend and cook fresh baby food, it also has self-cleaning and sterilizing capabilities. You'll have no trouble getting volunteers for dish duty!

#### Time is of the essence.

How many times have you heard a parent say there aren't enough hours in a day? If that's how you've been feeling lately, you can make better use of your time by easy steaming and blending with the Quook Baby Food Processor. It's as simple as adding fruits, veggies and even proteins like beans, meat and



leaving you with more time to spend with your kids.

#### Stay in control.

Quark's innovative design allows you to control your machine every step of the way, from cooking to blending to cleaning, and even bottle warming, with its technologically advanced digital touchscreen panel. It's got a low-water indicator and a timer so you can press start and step away from the kitchen until it's done. We love that the Quook is guaranteed to purée food to the perfect consistency for baby. Whether you choose the manual or auto-blend function, there'll be no choking hazards in sight!

#### Easy cleanup.

One of our favourite things about the Quook Baby Food Processor is its automatic cleaning cycle. Need we say more? Just fill up the blending cup with water and a pump of soap, and with the touch of a button, the machine's stainless steel

method. This is the perfect opportunity for your child to explore tastes and textures, and have an exciting For parents who are just starting their feeding journey, Quark's Fruuti Fruit

Feeder is the best tool for letting your babe have a hands-on experience with their food—easy, fun and stress-free for both of you! With its smart rotary propulsion design, the unique gadget wastes less food, disperses it more effectively and stays cleaner, thanks to its sturdy base and ease of disassembly for sterilization.

blades will handle the cleaning from there. Want to take it one step further? Try the sterilizing option that disinfects the blending cup to ensure a safe, clean start the next time you use the machine. And for the toughest of messes, you'll be glad to know that all of the blending cup components are top-rack dishwasher safe.

# 





This light and airy cake is the perfect end to any summertime meal, especially with the divine combo of strawberries and rhubarb.

#### ANGEL FOOD CAKE WITH STRAWBERRY-RHUBARB COMPOTE

MAKES 12 SERVINGS HANDS-ON TIME 1 HOUR TOTAL TIME 5 HOURS 5 MINUTES

#### **Angel Food Cake**

11/4 cups pastry flour

11/2 cups granulated sugar, divided

11/2 cups egg whites, at room temperature

(10 to 12 large egg whites)

1 tbsp lemon juice1 tsp cream of tartar

1 tsp vanilla 1/2 tsp salt

#### **Strawberry-Rhubarb Compote**

2 cups diced rhubarb

2 cups hulled and quartered strawberries

1/2 cup granulated sugar 2 tbsp lemon juice 2 tbsp cornstarch

#### **Maple-Mascarpone Cream**

475 g tub of mascarpone cheese

11/2 cups 35% whipping cream

1/4 cup maple syrup

3 to 4 cups hulled and quartered strawberries crumbled meringues (optional)

**Angel Food Cake** Preheat oven to 325°F. In bowl, sift flour and 3/4 cup of the sugar. Sift mixture again; set aside.

In large bowl, using electric mixer on medium-high speed, beat egg whites until frothy. Add lemon juice, cream of tartar, vanilla and salt; beat until mixture forms soft peaks. Add remaining sugar, 2 tbsp at a time, beating until stiff, glossy peaks form (scrape down sides of bowl if necessary).

Sift one quarter of the reserved dry ingredients over egg white mixture; gently fold in using spatula. Repeat with remaining dry ingredients in 3 more additions. Pour into ungreased 10-inch tube pan. Run spatula through batter to eliminate any large air pockets; smooth top.

Bake in centre of oven until top of cake is golden brown and springs back when lightly touched, 45 to 50 minutes. Turn pan upside down and let hang on legs attached to pan, or on bottle, until completely cooled. Gently run blade of knife around edge of pan to loosen cake. Remove from pan; transfer to plate. (Make-ahead: Can be stored in airtight container at room temperature for up to 2 days or wrapped in foil and placed in resealable bag and frozen for up to 1 month.)

#### **Strawberry-Rhubarb Compote**

Meanwhile, in large saucepan, combine rhubarb, strawberries, sugar, lemon juice and cornstarch. Bring to boil over medium heat. Reduce heat and simmer, stirring occasionally, until fruit breaks down and mixture thickens, about 15 minutes. Remove pan from heat. Using whisk, stir to purée fruit. Transfer to bowl; let cool. Refrigerate for 1 hour until cold. (Make-ahead: Can be stored in airtight container and refrigerated for up to 1 week.)

Maple-Mascarpone Cream In bowl, using electric mixer on medium speed, beat mascarpone cheese to loosen. Add cream and maple syrup, beating until stiff peaks form. Cover, refrigerate and set aside. (Make-ahead: Can be stored in airtight container and refrigerated overnight.)

Assembly Using large knife, cut cake horizontally into 3 layers. Place base of cake on serving platter, cut side up. Garnish with one third of the Mascarpone Cream, cooled Strawberry-Rhubarb Compote and strawberries. Repeat with remaining cake and toppings to create 3 layers. Sprinkle top with meringues, if using.

PER SERVING about 480 cal, 9 g pro, 22 g total fat (14 g sat. fat), 62 g carb (2 g dietary fibre, 44 g sugar), 75 mg chol, 180 mg sodium, 1.5 mg iron.



This recipe uses lots of egg whites. To avoid throwing the yolks away, they can be used to make crème brûlée, lemon cream, pastry cream or Hollandaise sauce. You can also freeze the yolks by beating them with a pinch of salt or sugar to prevent them from gelling. (Make-ahead: Can be stored in airtight container and frozen for up to 4 months.)



# July/August 2022

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